

PORTLAND PARKS AND RECREATION

WINTER 2019 PROGRAMS



Zumba!
Pilates/Yoga
Tai Chi for Long Life
Adult Co-Ed Volleyball
Men's Drop in Basketball
Ice Skating/Jr. Golf
Youth Sports Contacts
Portland Winter Hiking
Youth Tennis Program
Cardio Dance Gymnastic Tumbling
Pre-Ballet/Ballet/Jazz with Miss Alicia
American Red Cross "When I'm In Charge"
American Red Cross "Babysitting"
Basketball K – 2 Instructional Program
Offerings from Inner Circle Family Center

vvvvvv
vvvvvv
vvvvvv
vvvvvv

Brochure is available at www.portlandct.org & *online registration!*

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

	<u>Program(s)</u>	<u>Date & Time</u>	<u>Fee</u>
1.	_____	_____	_____
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. Parks & Recreation has the right to cancel a 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)



YOUTH

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!! Your instructor is Michael Pelton.

Day: **Monday** Time: 3:15 to 4:00 (no class 1/21) Date: Jan. 7 to March 4
Day: **Tuesday** Time: 3 to 3:45 & 4 to 4:45 Date: Jan. 8 to Feb. 26
Site: Inner Circle Family Center Fee: \$80 - 8 weeks

Karate for Kids (Ages 7+)

This class is open to kids with or without karate experience, with focus on proper form, self-defense, body-control, self-confidence, katas and more! All students receive white belt and will earn first strip during this session. Gi's provided at reduced cost. Your instructor is Michael Pelton.

Day: **Monday** Time: 5:00 to 6:00 (no class 1/21) Date: Jan. 7 to March. 4
Day: **Tuesday** Time: 6:00 to 7:00 Date: Jan. 8 to Feb. 26
Day: **Saturday** Time: 7:30 to 8:30 am Date: Jan. 12 to March 2
Site: Inner Circle Family Center Fee: \$80 - 8 weeks

Gymnastics & Tumbling

This class is ideal for both the beginner and advanced student! 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. Your Instructor is Mike Pelton.

Day: Thursday Time: 6:30 to 7:30 p.m. Date: Jan. 10 to Feb. 28 Fee: \$80 8classes



A Variety of Classes with Miss Alicia!

Classes start Thursdays, Jan. 10th ! We are looking into a couple of opportunities for the dancers to perform, if they wish at local nursing homes in December!

Session I: January 10 to February 7th

Session II: February 14 to March 14

Pre-Ballet – This class is for young dancers who want to express their independence without the assistance of an adult. Dancers will have fun learning pre-ballet movement to popular children’s music through singing and dancing. We will also use props such as hoops, bean bags, lummi sticks and more. Dancers should wear comfortable clothing that allows for movement and ballet shoes/socks.

Day: Thursday
Fee: \$57

Time: 4:45 to 5:15 p.m.
Site: Inner Circle

Age: 2 to 4 years



Ballet/Jazz – An introduction to ballet & jazz class for young dancers. Dancers will be introduced to basic ballet & jazz steps and vocabulary. Dancers should wear comfortable clothing that allows for movement and ballet shoes/socks.

Day: Thursday
Fee: \$67

Time: 5:15 to 6.00 p.m.
Site: Inner Circle

Age: 4 to 6 years



Cardio Dance/ Gymnastics & Tumbling - This high energy class for boys and girls will get you moving and dancing to the music! We will warm up with some dancing and then focus on floor skills (balance moves, cartwheels, rolls, handsprings, etc.) as well as balance beam and some bar work. Students should wear comfortable clothing that allows for movement.

Day: Thursday
Fee: \$67

Time: 6:00 p.m. to 6:45 p.m.
Site: Inner Circle

Age: 6 to 12 years



Instructional K-1 Basketball Program

This program is instructional only. Concentration is on dribbling, passing and shooting along with small-sided games that are developed each week. Each child will receive a t-shirt. The program is co-ed for grades K & 1. You must be a Portland Resident.

Day: Saturdays	Dates: January 5th – February 9th
Fee: \$39	Place: Gildersleeve School
Grade: K – 1 st	Instructor: Parks & Rec Staff
8:00 a.m. to 8:45 a.m. Kindergarten	9:00 a.m. to 9:45 a.m. First Grade

Instructional 2nd Grade Basketball Program

This program is instructional. Concentration is on dribbling, passing and shooting along with a progression into 3v3 games. Each child will receive a t-shirt. The program is not co-ed and you must be a Portland resident.

Day: Saturday	Dates: January 5th – February 9th
Fee: \$44	Place: Gildersleeve School
Grade: 2 nd	Instructor: Parks & Rec Staff
10:00 to 10:45 a.m. Boys 2nd Grade	11:00 to 11:45 a.m. Girls 2nd Grade

All registered 2nd graders may participate in our Thursday Night Practice Sessions:

Girls 2nd Valley View Thursday Jan. 10 to Feb. 7 5:00 to 6:00 p.m.

Boys 2nd Valley View Thursday Jan. 10 to Feb. 7 6:00 to 7:00 p.m.

Volunteers: We do not have coaches at this age level, but if you can volunteer, please let us know on the registration form, it would be greatly appreciated.

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!

Day: Tuesdays	Date: January 8 to Feb 26 (no class 1/15 & 2/19)
Grade K – 2 nd	Time: 6:00 to 6:45 pm (snow make-up date 3/11)
Grade: 3 rd -5 th	Time: 6:45 to 7:30 pm
Site: Valley View School	Fee: \$57 Class Limit: 8



Jr. Golf Workshop with PGA Professional Gerry D'Amora

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) and golf etiquette. If you have clubs please bring them. Min. 8 & Max. 10

Day: **Mondays** Dates: March 4 to 25 Fee: \$75 per session Site: Valley View
Grade Entering: K – 4 Time: 5:30 to 6:30 p.m.
Grade Entering: 5 – 8 Time: 6:30 to 7:30 p.m.

American Red Cross "When I'm In Charge"

"When I'm In Charge" is designed for youth ages 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.

Day: **Friday** Date: February 8 Fee: \$32
Time: 5:45 to 7:30 pm Age: 7 and up Site: Parks and Rec Office

American Red Cross "Babysitting"

This class provides youth (ages 11 - 15) who are planning to babysit 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: **Mon & Tue** Date: Feb. 11th & 12th Age: 11 – 15 years old
Time: 5:45 to 8:00 pm Fee: \$57 Site: Park & Rec Office



Adult Programs



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"!

FREE Class ---Jan. 2nd

Day: **Wednesdays** 10 Weeks Date: January 9 – March 13
Fee: \$52 a session or Drop in for \$7!! Time: 6:15 pm to 7:15 pm
Instructor: Val Swaintek Site: Valley View Gym
Age: 13 and older; participants under 18 must be accompanied by a registered adult



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

Day: **Wednesdays** Time: 9:30 a.m. Dates: Nov. 28 to Feb. 6 (no class 12/26)
Day: **Saturdays** Time: 11:00 a.m. Dates: Dec. 1 to Feb. 2
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



I ♥ Pilates

Pilates 12-Week Session

Pilates is an exercise option for everyone. Designed to develop a strong core while maintaining loose, limber limbs, the exercise provides 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: January 10 to March 28

Site: Buck Foreman, 265 Main Street

Age: 18 years and older

Time: 5:30 p.m. to 6:30 p.m.

Fee: \$58

Min: 12

NEW!!



YOGA with Personal Euphoria 12 week session

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.

Day: **Wednesday**

Date: Jan. 9 to March 27

Time: 5:30 to 6:30 p.m.

Fee: \$58 for 12 sessions. Min. 12

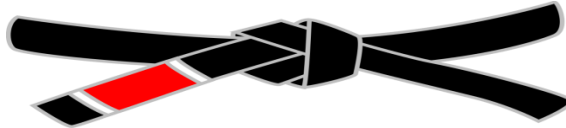
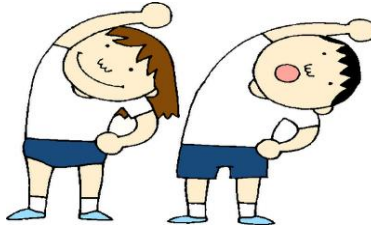
Adult Offerings from Inner Circle Family Center

Classes held at Inner Circle Family Center, 143 Marlborough St. Portland

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 parents feel comfortable. No better way to get into the best shape of your life!! Your Instructor is Michael Pelton.

Day: **Monday** Date: Jan. 7 to Mar. 3 (no class 1/21) Time: 7 to 8:00 **p.m.**
Day: **Tuesday** Date: Jan. 8 to Feb. 26 Time: 6 to 7:00 **p.m.**
Day: **Saturday** Date: Jan. 12 to Mar. 2 Time: 7:30 to 8:30 **a.m.**
Fee: \$80 for 8 classes



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.

Your Instructor is GM Dennis Bivens.

Day: **Saturday** Date: Jan. 12 to March 2 Time: 11:15 to 12:30 Fee: \$80 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: Jan. 8 to Feb. 26 Time: 7:00 to 8:00 p.m. Fee: \$80 8 Classes

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: Jan. 13 to March 3 Time: 6 to 8:00 p.m. Fee: \$80 8 Classes

Parks & Recreation ~ 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**

Competitive Recreation

Non – Competitive Recreation

No Program: 11/21 & 12/ 26

Date: November 7 to April 10th

Time: 5:00 – 6:30 pm

Time: 6:30 – 8:00 pm

Site: Gildersleeve School gym



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.**

Over 30 Men's Drop in Basketball

Day: **Tuesday**

Time: 7:30 – 9:00 p.m.

Portland Middle School

Dates: November 13 to April 2

No Program: 12/26, & 2/20



Ice Skating

The Portland Parks and Recreation has a designated site for skating at the Melba and Earle Prout Jr. Memorial Park on Rt. 17A next to the fairgrounds. However, please be aware that ice conditions change quickly, here are some safety guidelines:

- Skate at your own risk and **never** skate alone
- Ice thickness is not consistent
- Beware of ice around partially submerged objects
- Don't congregate in one area
- Stay away from cracks, pressure ridges, slushy areas and darker areas

Town of Portland Sports

Tee-Ball/ Portland Little League/Softball 2019

Portland Little League will be offering baseball and softball clinics beginning in February. Clinic and registration information can be found on our website tshq.bluesombrero.com/portlandctlittleleague or by contacting PLL president April Graves at agraves831.com.

Portland Little League Girl's



WINTER CLINICS COMING SOON!!

WEBSITE :

tshq.bluesombrero.com/portlandctlittleleague

Clinic Dates:

- Sunday 2/17/18
- Sunday 2/24/18
- Sunday 3/3/18
- Sunday 3/10/18

*All clinics will be held between 12pm and
1pm*

Minors
—

Majors
—

Coach pitch/Tee
Ball
—

Softball Directors:
Mike Reilly
&
Jeff Arnold
—

Questions?

Agraves831@yahoo.com



Portland Soccer Club Announces its 2019 Winter Futsal Program Registration

PSC is now accepting registrations for the 2019 Winter Futsal season

Winter Futsal registration will be accepted from October 12, 2018 until December 31, 2018. Registrations received after December 21, 2018 will be charged an additional **\$25** dollar late fee.

Registration for this program will close on December 31, 2018.

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

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

U8 (01/01/11) TO (12/31/11) - Kicker-Club = \$40

U9 (01/01/10) TO (12/31/10) - Kicker-Club = \$40

The Winter Futsal Season will run from 1/5/19 - 2/23/19 (8 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)

Dave Fenton - Vice President – david.fenton@hhchealth.org or (860-342-5269)

Chad Wilson - Registrar – nosliw.dahc@gmail.com or (205-999-8842)

Please note: Registration for Portland Soccer & Little League is through each individual sport, not through the Parks & Rec Office.

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

SIGNS AND SYMPTOMS

SIGNS OBSERVED BY PARENTS OR GUARDIANS

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion • Does not "feel

Knights of Columbus

Free Throw Championship Contest

FREE

Boys and Girls Ages 9 to 14

Brownstone Intermediate School

Thursday, January 10, 2019 at 7:00 PM

Any Questions: Contact John Bruni 860-342-0881, 860-716-7657, or john.bruni@pw@utc.com

PLEASE NOTE: Entrants may compete in only ONE local competition



PORTLAND HIKING DESTINATIONS

WWW.PORTLANDCT.ORG/MAPS

5 Reasons You Should Try Winter Hiking

- **Winter** Exercise is good for Your Physical and Mental Health.
 - You Stop Perceiving **Winter** as a Negative.
 - You Enjoy a **Winter** Wonderland of Natural Scenery.
- Hot Food and Warm Drinks Taste Even Better after a Cold **Hike**.
 - Learn how to snow shoe and/or cross country skis



REMINDER

Dress Appropriately for the Conditions

WHATS NEW IN PORTLAND PARKS

PORTLAND COMMUNITY GARDEN 2019

The Portland Community Garden is located in Bransfield Park on Rose Hill Road in Portland. Gardeners can purchase a 10x10 plot for the summer. 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

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. .

Portland Air Line Trail

The Portland Air Line Trail "Phase 1 section" has officially opened. The trail is made up of a gravel base and topped with compacted stone dust. Phase 1 is 2.3 miles long and 10 feet wide with grass buffers on the sides. The Portland trail will connect to the East Hampton section of the Air Line State Park Trail at Depot Hill Road on the Portland/Cobalt line, and then will continue all the way to the Massachusetts boarder near East Thompson in two sections with a connector in Windham -- about 50 miles total.

COMING LATE 2019 EARLY 2020

