



# Middlebury Parks & Recreation 2020 Winter Brochure

REGISTRATION BEGINS JANUARY 13, 2020



**Parks & Recreation Director: Betty Proulx, APRP**  
[bproulx@middlebury-ct.org](mailto:bproulx@middlebury-ct.org)

Recreation Staff

Secretary: Tracy Graziano  
[tgraziano@middlebury-ct.org](mailto:tgraziano@middlebury-ct.org)  
M.R.A. Supervisors  
Chip Fitzgerald  
Joe Laporta

Parks and Recreation Commission

Ron Clark, Chairman  
Russ Tolles  
Jack Worgan,  
Ralph Barra  
Carolanne Brown

The Parks and Recreation Commission meets the second Thursday monthly in in Room 1at the Shepardson Community Center at 7:00 p.m. The Public is welcome.

## **INSTRUCTORS WANTED**

The Middlebury Parks & Recreation Department is looking for qualified and innovative instructors to do preschool, youth, and adult programs. If you have a unique talent or skill, or an idea for a class, please contact Betty Proulx at 203.758.2520, extension 701.

Middlebury Parks & Recreation is now on **FACEBOOK!!!**

Be sure to visit us & "LIKE" us to receive important notifications, program updates and cancellations right on your mobile device!



If you would like to receive text blasts of important program information, updates and cancellations, please email your cell phone number

and carrier to Betty Proulx at [bproulx@middlebury-ct.org](mailto:bproulx@middlebury-ct.org).

Register online at [www.middlebury-ct.org](http://www.middlebury-ct.org). Our online registration accepts payments in the form of Discover Card, MasterCard/Visa credit and debit cards. If you have previously registered for a Parks & Recreation program in the office, please contact our office at 203-758-2520, X702 and request your household ID#. Households new to Parks & Recreation programs can create a household account on the website. All programs have registration deadlines. Please register early to prevent program cancellations.



### **In-Office Registration**

Program registration forms are available at the Recreation office. In-office payments are accepted in the form of cash, check, Discover Card, MasterCard/Visa credit and debit cards.

**All registrations must be received in the Recreation office BEFORE registration deadline.** The Recreation Department reserves the right to cancel any program due to lack of participation. Please register early.

# *Our Policies*

**Refund Policy** – All refunds must be requested prior to the **Wednesday** before the program begins. There are no refunds once a program begins, except for medical reasons. A doctor's note may be required. All refunds are subject to a \$10.00 administrative surcharge unless otherwise stated.



**Photographs** - Participants may be photographed for the purpose of promotion or advertising in future brochures, in newspapers or in other Middlebury Parks & Recreation Department media.

**Participant Equal Access** – No participant shall be denied equal access to programs, activities, services or benefits, or be limited in the exercise of any right, privilege, advantage, or opportunity based on race, sex, creed, national origin or disability.

**Behavior** – Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make recreation department programs safe and enjoyable for all participants. Additional rules may be developed for particular programs and athletic leagues as deemed necessary by staff.

**Participants Shall** – Show courtesy and respect to other participants, volunteers and staff \* Refrain from using foul language and/or derogatory remarks \* Refrain from causing bodily harm to other participants, volunteers and staff \* Show respect for equipment, supplies and facilities.

**Discipline** – A positive approach will be employed. The Middlebury Parks and Recreation Department reserves the right to dismiss a participant. Each situation will be evaluated on its own merit.

**Dog Owners** – State Statute 22-364 states that dogs must be under the direct control of their owners at all times when using town parks or the Greenway. When enjoying the town parks and Greenway with your dog(s), please be considerate and use the pooper scoopers and receptacles placed for your convenience. They are available at Chase Road and across from the M.R.A. Dogs are not allowed at the M.R.A.

**Registration will begin on Monday, January 13, 2020**  
**\*Dates & Times of Programs are Subject to Change at the Discretion of the  
Parks & Recreation Department**

### **CHILD & YOUTH PROGRAMS**

**MAKING FRIENDS – Session III**    111500-3M

Instructors: Bobbi Hanisek

Age: 3 & 4

Day: Mon, Wed., Fri.

Time: 9:30-11:30 a.m.

Fee: \$180 res/\$195 nonres

Date: Jan. 6 – Mar. 6

No class 1/20, 2/12, 2/14, 2/17

Location: Shepardson Center, Room 2

\*\*\*Must be three years old & completely potty trained\*\*\*

**INFANT/TODDLER PLAYGROUP**    211501-A

Age: Newborn to 3 years

Day: Mon., Wed., Fri.

Time: 9:30 – 11:00 a.m.

Fee: \$20 res/\$30 nonres

Dates: Jan. 13 – May 15

No class 1/20, 2/12, 2/17, 4/10

Location: Shepardson Center, Room. 5

This program is for parents and their preschool age children to meet and socialize. Program meets Monday, Wednesday & Friday. There is NO online registration for this program.

**Heartsaver Pediatric First Aid/CPR /Babysitting Safety**    212207-F3

Instructor: Terri Schmidt

Day: Tuesday, Feb.18

Fee: \$70res/\$80 nonres

Age: 12 yrs & up

Time: 9:00 a.m. - 1:00 p.m.

Location: Shepardson Center

This course teaches child-care providers critical skills and knowledge needed to respond to and manage illnesses and injuries in a child or infant. Includes CPR certification.

**Curtain Call Kids Presents: “Suessical”**    111201-CC

Curtain Call Kids is still accepting registrations for their Ensemble Cast!

Instructors: Rich & Deb McKenna

Ages: 6-18 yrs.

Tues., Wed. & Thurs. 5:30 – 7:00 pm    Shepardson Center

Fees: \$160 for 1<sup>st</sup> child, \$110 for siblings

Performances are Thursday, April 9 & Friday, April 10 @7:00pm

Nancy Marine Studio @the Warner Theatre

Tickets available @the door

## YOUTH KARATE

**\*\*\*We are happy to announce Master Neil Mascola is the new instructor for the Little Ninjas, Kid Kicks and Jr. Beginners! \*Please note the new times for these programs**

**Little Ninjas - White to Apprentice Orange** 211305-F1  
**Kid Kicks – Orange to Apprentice Blue** 211305-F2  
Instructor: Master Neil Mascola Ages: 5 – 7yrs old  
Day: Mondays Date: Jan. 27 – Apr. 20  
Time: 5:00 – 6:00 p.m. No class 2/17  
Fee: \$70 res / \$80 non res Location: Shepardson Center

**\*NOTE – This session is for current students only**

There will be **NO** grading at the end of this session. The next grading will be offered at the end of the spring session.

**Jr. Beginners – White to Purple Belts** 211301-M  
Instructor: Master Neil Mascola Ages: Juniors & Adults age 7 & up  
Day: Mondays Dates: Jan. 27 – Apr. 20  
Time: 5:00 – 6:30 p.m. No class 2/17  
Fee: \$75 res /\$85 non res Location: Shepardson Center  
There will be **NO** grading at the end of this session. The next grading will be offered at the end of the spring session.

**Adv. Karate – Green to Black Belts** 211301-M2  
Instructor: Jessica O'Connor  
Day: Mondays Dates: Jan. 27 – Apr. 20  
Times: 6:30 – 8:00 p.m. No class 2/17  
Fee: \$75 res / \$85 non res Location: Shepardson Center  
There will be **NO** grading at the end of this session. The next grading will be offered at the end of the spring session.

## **ADULT PROGRAMS**

### **Gentle Yoga**      221304-YO

Instructor: DeAnne Gauya, MS, CPT, RYT, LMT

Day: Thursdays

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

Fee: \$110 res / \$120 nonres for 6 weeks

A gentle yoga class (all levels) with guided postures and breath work ending with meditation.

Wear comfortable clothing that fits close to the body, no shoes or socks. Please bring a yoga mat, and a small cushion to sit on if you like.

Ages: 16 & up

Dates: Feb. 19 – March 25

Location: Shepardson center, room 28

### **Totally Toned**

Instructor: Jill Patterson, RDN

Day: Tuesdays

Sessions:

Session I    Jan. 7 – Feb. 11    221301-W1

Session II   Feb.18 – Mar. 24    221301-W2

Session III   Mar. 31 – May 5    221301-W3

Fee: \$70 res / \$75 nonres for 6 weeks

Ages: 16 & up

Time: 6:10 - 7:00 p.m.

Location: Shepardson center

Tone up while having fun! Each class will include a warm-up, stretching, and toning exercises utilizing hand-held weights or the body's own resistance. This course will help you tone up and increase your metabolism by increasing muscle cells. Participants should wear comfortable clothes and sneakers. Please bring a water bottle, exercise or yoga mat, and hand weights (3lbs for beginning, 5+lbs for advanced) to each class.

## **SPECIAL EVENTS**

### **Knights of Columbus Annual Corned Beef Dinner**

Wednesday, March 11

Shepardson Community Center

### **Easter Egg Hunt**

Date: Saturday, April 11th (Rain/Snow date April 18)

Time: 1:00 p.m.

Location: Shepardson Community Center Field

For Middlebury children ages 3 -10.

Sponsored by Middlebury Police Social Club and Parks & Recreation

## **Curtain Call Kids Presents:**

“Suessical”

Thursday, April 9 & Friday, April 10 @7:00pm

Nancy Marine Studio @the Warner Theatre

Tickets available @the door

### **WINTER WARNINGS**

#### **MIDDLEBURY WARNINGS**

The Middlebury Greenway extends from Rt. 63 at Woodside Ave to Rt. 64 in front of the Little League Field. Please be aware that there is **NO** winter maintenance, **USE AT YOUR OWN RISK.**

#### **SLEDDING**

Weather permitting; the hill between the Town Hall and Shepardson Community Center is available for sledding. **USE AT YOUR OWN RISK.** No supervision is provided. Adults **MUST** accompany all children under the age of 12.

**\*NO PARKING FOR SLEDDING IN THE UPPER PARKING LOT.**

#### **ICE SKATING at MEADOWVIEW PARK**

**USE AT YOUR OWN RISK**

No supervision is provided on the pond.

### **Shepardson Community Center Holiday Observations**

The Shepardson Community Center will be closed on the following dates:

- Monday, January 20 - Martin Luther King Day
- Wednesday, February 12 - Lincoln’s Birthday Day
- Monday, February 17 - Washington’s Birthday
- Friday, April 10 - Good Friday
- Monday, May 25- Memorial Day

### **TOWN SPORTS ASSOCIATIONS**

#### **POMPERAUG YOUTH SOFTBALL REGISTRATION**

Middlebury/Southbury

Ages 5 & up

Visit [www.pomperaugyouthsoftball.com](http://www.pomperaugyouthsoftball.com)

#### **POMPERAUG LACROSSE**

Pomperaug Lacrosse is a non-profit organization of volunteers working together to provide lacrosse training, competition, and fellowship to local youth of Southbury and Middlebury. We have programs for boys and girls grades K – 8, and are associated with the Connecticut-New York Lacrosse Organization (CONNY) and US Lacrosse. Visit [pomperauglacrosse.com](http://pomperauglacrosse.com) for more info

#### **POMPERAUG POP WARNER FOOTBALL & CHEER**

Visit [www.Pomperaugwarriors.com](http://www.Pomperaugwarriors.com) or contact [pomperaugpw@gmail.com](mailto:pomperaugpw@gmail.com)