

DISCOVER The Town of Guilford

Guilford Parks and Recreation

32 Church Street

Guilford, CT 06437

(203)453-8068

Guilfordparkrec.com



Fall 2023



Director's Message

We have completed another remarkable summer season with full registration at camps, busy beaches and high attendance at concerts. We rebuilt the tennis/pickleball courts at Adams School, worked on a plan to improve drainage at Long Hill Park, a plan to expand pickleball courts at Bittner Park, a plan for shade near the splash pad at Jacobs Beach.

Our staff have planned great activities for the fall, New programs include hiking and yoga, fisheye wrestling, and various pre-school classes.

We continue to offer great trips for adults over the age of 55, nutritious lunches and transportation services. Breakfast is available for all ages Monday—Friday.

We often hear compliments about the conditions of our parks and athletic fields. Our Parks crew takes pride in the maintenance work they do.

There are many opportunities for all age groups listed in the brochure. Thanks to Ellen Clow, Taryn Erb, Victoria Nadolski and Terry Buckley for their creativity and diligence in providing these activities.

Sincerely,


Rick Maynard

Sounds of Summer

Concerts on the Green

Sunday, August 20th - Another Tequila Sunrise - Eagles Tribute

This band will play top hits from the Eagles.

Sunday, August 27th - Brothers Doobie - Doobie Brothers Tribute

Please Note: Rain dates for the Sunday Concert Series will be September 3, 10, 24



Halloween Window Painting Around the Green

Register today to decorate a window around the Green! Program # 41112

Painting will take place Saturday, October 7th (Raindate: Sunday, October 8)

Sketches will be due by October 3.

FREE



IT'S WORTH IT.
A Guilford D.A.Y. Initiative



Scarecrows on the Green

Businesses and organizations are encouraged to build a scarecrow to be displayed on the Green!

Bring your completed scarecrow to the Green on Friday, October 6th between 10:00a.m.-12:00p.m.

Pre-registration is required – Program #41107

FREE



Halloween Spooktacular

SUNDAY, OCTOBER 29
GUILFORD GREEN
2:00-4:00PM

(Rain Location: Community Center)



IT'S WORTH IT.
A Guilford D.A.Y. Initiative

"Trunk or Treat"

**Calling businesses, organizations,
youth groups and MORE!**

**Register for a table on the Green
or limited spots on Park Street.
Decorate, set up a carnival style
game. Register to be a part of the
FUN—**

Program # 41106

- * Storytelling by the
Guilford Free Library**
- * Amazing Andy**
- * Sound Spectrum
Entertainment**

**Please note:
event attendees
do not need to
register.**

**For more information email Ellen at ClowE@guilfordct.gov or by calling the
Parks and Recreation Department at 203-453-8068. To register for the
"trunk or treat" visit www.guilfordparkrec.com**

Guilford D.A.Y. / GPD Night Out

JOIN US!

Guilford D.A.Y.
(Developmental Assets for Youth)

IT'S WORTH IT.
A Guilford D.A.Y. Initiative
itsworthitguilford.org

Guilford D.A.Y. is a volunteer-led coalition with the mission of bringing the community together to build a healthier environment for Guilford youth. We provide education to the community about the risks of under-age substance use, sponsor family-friendly events that promote youth developmental assets, and develop environmental change strategies.

Your voice and support are welcome, wanted, and needed. We meet every month to discuss ways to promote health and reduce harmful behaviors.

You can do as little or as much as your schedule allows!



fosterl@guilfordct.gov | (203) 453-8047 | itsworthitguilford.org

NATIONAL NIGHT OUT



**HOSTED BY
GUILFORD POLICE DEPARTMENT**

FRI. OCTOBER 6, 2023 4:30 PM - 7:30 PM

RAIN DATE: SAT. OCTOBER 7, 2023

GUILFORD GREEN

Preschool Programs

PEE WEE SOCCER (AGES 3.5 - 5)

Day: Saturday
Dates: September 9 - October 7
 Time: 9:00 - 9:45a.m. **A1**
 10:00 - 10:45a.m. **A2**
 Program #: 46109
 Where: Bittner Park Softball Field
 Instructor: Scott McMahan & Jeff Sullivan
 Fee: \$60

Learn the fundamentals of soccer through fun games and drills in a non-competitive format that fosters independence. Each child is required to bring a size 3 or 4 soccer ball.

PEE WEE TENNIS (AGES 4 - 6)

Day: Monday
Dates: September 11 - October 23
No Class: September 25 & October 9
 Time: 4:15 - 5:00p.m.
 Program #: 46106 A1
 Where: Adams Tennis Courts
 Instructor: Recreation Staff
 Fee: \$50

This class is a playful introduction to the game of tennis. Each participant needs to bring their own racquet.

READY, SET, LEAP (AGES 3-5 YRS)

Day: Monday, Wednesday, Friday
Dates: September 11 - December 15
 Time: 9:30a.m. - 1:30p.m.
No Class: September 25, October 9, November 22, 24
 Program #: 46101
 Location: Community Center
 Instructor: Nicole Porter, Certified Teacher
 Fee: \$865.00

This is a developmental program for 3-5 year olds to learn skills through cooperative play. Children will have activity centers, snack, outdoor play, crafts, songs and stories related to weekly themes. Must be potty trained to attend. Please bring a snack.

No Peanut Products!

OPEN INDOOR PLAYGROUND (15-24 MONTHS)

Day: Wednesday
Dates: September 13 - October 18
No Class: September 27
 Time: 9:15 - 10:00a.m.
 Program #: 46005 A1
 Where: Community Center
 Instructor: Recreation Staff
 Fee: \$50

Come enjoy this Parent & Me Class, where you will enjoy the ultimate indoor playground. Tumbling Mats, Gymnastic shapes & Active Play. This is a great class to come meet new parents and friends!

PEE WEE FIT (AGES 3 - 6)

Day: Wednesdays
Dates: September 20 - October 18
 Time: 4:15 - 5:00p.m.
 Program #: 46106 A2
 Where: Guilford Green
 Instructor: Recreation Staff
 Fee: \$50

Couple healthy exercise with fun activities that foster athletic skills and social development. Learn the value of exercise while having fun!

FISHEYE WRESTLING PROGRAM (GRADES 3-12)

Day: Tuesday, Thursday, Saturday
Dates: August 29 - November 18
 Program #: 46210 (A1 - Committed)(A2 - Interested)
 Time: Tu/Th 6:00 - 8:30p.m.
 Sat 10:00 - 12:00p.m.
 Where: GHS Wrestling Room
 Instructor: FishEye Wrestling
 Fee: \$400.00

*FishEye has been in operation since 2009. FishEye offers a wrestling program for goal driven individuals with a willingness to put in the work to elevate their skills at a pace that exceeds the competition. As a competitive program, we expect our wrestlers to compete in the scheduled tournaments. This is the recipe that has brought us so much success. It's imperative that techniques being shown in the wrestling room be reinforced on the mat. It also gives our coaches the ability to identify areas of opportunity for your son or daughter to improve their technique and mat awareness. The process works as evidenced by our club's performance at the youth, high school and college level. Our proximity to Pennsylvania and New Jersey gives our kids the opportunity to wrestle in two of the most competitive States in the country for wrestling. All participants must also register for USA wrestling card(themat.com). **A2 Participants must make payment by August 31st!***

Schools Out FUN Box

NEW! Check out this **Fall - Schools Out FUN Box!**

Looking for something fun to do after school....Meet up with your friends at **Adams Middle School** or **Emergency Services Basketball Courts** and enjoy an afternoon of **FUN!**

Each location will have **1 Box** full of items for you to enjoy...**Basketballs, Cornhole Set, Footballs and MORE!** All we ask is please put everything back when you are done!

Made possible by a grant from Guilford Foundation



Early Dismissal Day - Grades 7-8

Guilford Parks and Recreation along with Guilford Youth & Family Services and D.A.Y is proud to announce...



Wednesday, September 27th
Wednesday, October 25th
Basketball and Music @
the Emergency Services Courts

FREE

1:00 - 3:00p.m.

Mary's Culinary Classes, LLC

Time: 4:30 - 6:30p.m. Tuesdays @ Community Center

Fee: \$45.00 / date Program #: 46211 Ages 5 - 11

September 19: Chicken Bacon Gnocchi and S'Mores Sugar Cookie Pizza (A1)

October 3: Monster Bacon Meatloaf and Mummy Oreo Balls (A3)

October 17: Mummy Pizza Pies and Zombie Brownie Bites (A4)

October 30: (Monday) Creepy Peepers Pasta and Chocolate Pretzel Tarantula (A5)

November 14: Pepperoni (or just cheese) Pumpkin Pizza and Candy Corn Cookies (A6)

November 28: Apple Butter Pork Chops and Edible Sugar Cookie Dough with M&M's(A7)

December 5: Pumpkin Fettuccine Alfredo and Reindeer Cupcakes (A8)

December 14:(Thursday) Mini Chicken (or just cheese) Quesadilla and Brownie Christmas Trees(A9)



Lil' Cookers & Parent (Age 3-5)

9:30 - 10:30a.m. (\$25 a pair)
 Fee: \$30

9/19: Apple Oreo Bombs (A10)

10/17: Graveyard Dirt Cake (A11)

11/14: Turkey Cupcakes (A12)



Senior Class (Age 55+)

11:30a.m. - 1:00p.m.(\$25 a student)
 Fee: \$30

9/19: Penne Alla Vodka (B1)

10/17: Creamy Butternut Squash Gnocchi (B2)

11/14: Apple Butter Pork Chops (B3)

12/5: Red and Green Greek Quesadilla (B4)

Youth & Adult Programs

MOUNT SOUTHWINGTON SKI CLUB (GRADES 5-8)

Day: Tuesdays
Dates: January & February
 Depart Time: Adams/Baldwin - 3:00p.m.
 Return Time: Town Hall - 9:00p.m.
 Instructor: Recreation Staff
 Fee: \$200 +

More information to come!



FIELD HOCKEY CLINIC (GRADE 1-6)

Day: Monday
Dates: Sept. 11 - Oct 16
No Class: Sept 25
 Program #: 46222 A1
 Time: 5:00-6:00p.m.
 Where: GHS-Maturo
 Instructor: Kitty Palmer
 Fee: \$100

Guilford coaches and players will teach the game fundamentals to prepare you for middle and high school play. They hope that you grow to love the game as much as they do. Kids will be divided by ages and abilities.

Bring Shin Pads, Goggles, Stick, Mouth Guard and Water.

TAEKWON-DO (AGES 3-18+)

Day: Monday & Wednesday
Dates: Sept. 18 - Dec. 20
No Class: Sept. 25, Oct 9, Oct 25, Nov 22

Program #: 46205(A1/A2)
 4:30-5:30p.m.(A1) - All kids white and Yellow, belts
 Community Center
 6:00-7:30p.m.(A2) - All ranks, white, yellow, green, blue, red and black

Where: Community Center
 Instructor: John Cuddy
 Fee: \$100

Our 6th degree black belt instructor will introduce techniques and strategies of tae kwon do and karate, aikido, kung fu and other martial arts.

4:30 - 5:30 Kids Class for white, yellow, green and blue belts: Program will cover motor skills, tumbling and basic kicks, pad work and games to inspire this age group for the sport. This multi-faceted program will also introduce kickboxing and self-defense.

6:00 PM - 7:30 PM All ranks, white, yellow, green, blue, red & black

FLOOR HOCKEY (GRADE 1-4)

Day: Tuesday
Dates: September 19 - Oct 17
 Program #: 46215
 Time: 4:00pm - 5:00p.m.
 Where: Community Center
 Instructor: Recreation Staff
 Fee: \$50

Players can learn and improve on skills including puck/ball control, passing, shooting, teamwork and overall game play. Age appropriate equipment will be used.

IRISH STEP DANCE (AGES 7-16)

Day: Thursday
Dates: Sept. 21 - Nov. 16
 Time: 3:45 - 4:45p.m.
 (Beginner/Intermediate)
 Program #: 46207 A1
 Time: 4:45 - 5:45p (Advanced)
 Program #: 46207 A2
 Where: Community Center
 Instructor: Kathy Carew
 Fee: \$100

Participants will learn both Traditional Irish step and Ceili (group) Dancing. All dancers will start with the Irish jig, and advance through Reel and Slip Jig.

Advanced: Dancers will learn both traditional and contemporary Irish steps and Ceili dances. This group will work on technique and more intricate movements in steps. Much of this class is done in hard shoe.

DOG OBEDIENCE

Day: Thursday
Dates: Sept. 21 - Oct. 19
 Time: 6:30 - 7:30 p.m.
 Where: Adams Basketball Courts
 Instructor: Paula Milnes
 Program #: 42111 A1
 Fee: \$75

Have your dog barking up the right tree. Sit, stay and heel are some of the commands. Dog must be 4 months old and have all shots. No chain or retractable leashes. Wear adequate footwear. One person per dog should attend this class

ADULT WOMEN'S VOLLEYBALL

Day: Monday
Dates: October 2 - May 13
No Class: Oct. 9
 Time: 7:00 - 10:00 p.m.
 Where: Adams Middle School
 Program #: 42102
 Fee: \$30

KENDAMA CLUB (GRADES 5-8)

Day: Wednesday
Dates: Oct 4 - Nov 1
 Time: 3:30 - 4:30p.m.
 Program #: 46116
 Location: Community Center
 Instructor: Chris Pappa
 Fee: \$50.00

You might be asking, what is Kendama? A kendama is a wooden skill toy with an infinite amount of mind-body challenges that players practice to achieve. It is similar to the ball and cup toy that many people are familiar with, but more complex. Kendama is both rewarding and challenging. The challenge and process of learning a new trick is where all the learning takes place. Kendama teaches kids how to learn from their failures, how to problem solve, how to set goals and how to achieve them, and most importantly, how to have fun through play.

ABOUT BOATING SAFETY

Day: Thursday
Date: October 12 & 19
 Time: 5:30 - 9:30 p.m.
 Where: Community Center
 Instructor: Guilford Flotilla
 Program #: 42118 A2
 Fee: \$65

Learn boating Safety at a USCG Basic Boating Course. This is a two day 4 hours each class to fulfill requirements for Connecticut Boating Certification. Upon completion of test you will be qualified for a Connecticut Personal Watercraft Certificate. Intro to Boating-Types of power boats, boating vocabulary, sailboats, paddle boats, powering boats, and engine types. Boating Law-Boat registration, regulations, hull identification numbers, required safety equipment, Federal boating law, state boating, and reporting accidents. Safety Equipment- Life jackets, fire extinguishers, sound producing devices, visual distress signals, anchors, and other safety equipment. Safe Operation and Navigation-Buoys and beacons, aids to navigation, navigation rules, docking, and the dangers of alcohol on the water. Boating Emergencies-Hypothermia, boating accidents, man overboard, capsizing, emergency radio calls, carbon monoxide dangers, and weather. Trailing-Types of trailers, lights, hitches, towing a trailer.



ADULT MEN'S BASKETBALL

Day: Monday or Friday
Dates: October 16 - May 17
No Class: 11/24,12/25,12/29, 1/1,1/15,2/19,3/29, 4/8,4/12
 Time: 7:00 - 9:00 p.m.
 Where: Baldwin Middle School
 Program #: 42101 A1/A2
 Fee: \$30 - Monday
 \$30 - Friday

PILOTING & CHARTING NAVIGATION

Day: Thursday
Dates: November 2, 9 & 16
 Time: 6:00 - 9:00p.m.
 Where: Community Center
 Instructor: Guilford Flotilla
 Program #: 42118 A1
 Fee: \$65

The Piloting and Charting course is a three nights on navigation, covering the basics of coastal and inland navigation., it is only the first part of the Weekend Navigator. This course focuses on traditional techniques so the student will be able to find his/her way even if their GPS fails. The course includes many in-class exercises, developing the student's skills through hands-on practice and learning. Topics covered include but not limited to Charts and their interpretation, Navigation aids and how they point to safe water, Plotting courses and determining direction and distance, the mariner's compass and converting between True and Magnetic, Pre-planning safe courses, The "Seaman's Eye" - simple skills for checking that one is on course. Please bring parallel rulers and divider or other navigation plotting tools or they will be available for purchase for \$45.





Guilford Racquet & Swim Club

Junior Tennis

Our junior program will give all beginner to intermediate level players a strong set of fundamentals for their game. Our program will cover all the strokes as well as footwork and strategy. Players will receive all the tools to play on their own. This class will take place outside and make-ups are not guaranteed. **Max 20 Players**

Orange Ball-Ages 7-10, Tuesdays, 5:00pm - 6:00pm, 9/5 - 10/24	\$215.00	46203-A1
Green Ball-Ages 10-13, Tuesdays, 4:00pm - 5:00pm, 9/5 - 10/24	\$215.00	46203-A2

Adult Pickleball

Never played Pickleball and want to learn what the craze is all about? This clinic is perfect for those who have never played or have played a couple of times without instruction. **Max 8 Players**

Introduction to Pickleball-Wednesdays, 1:30-2:15pm, 9/6-10/25	\$215.00	42113-A1
Introduction to Pickleball-Wednesdays, 2:15-3:00pm, 9/6-10/25	\$215.00	42113-A2
Skills and Drills for the Experienced Player-Mondays, 12:30-1:30pm, 9/11-10/30	\$215.00	42113-A3

Want to take your game to the next level? Looking to improve strategic play? This one hour clinic will focus on a different dynamic each week. **Max 16 Players**

Gymnastics

Thursday

Dates: Sept 7- Oct 12– Session 1(A1-A6)
 Oct 19 - Dec 14– Session 2(B1-B6)

No Class: Oct 26, Nov 23

Fee: \$65.00 / 45 min class * \$75.00 / 60 min class

Lil' Movers w/parent (18 months - 3 years)	
9:00 - 9:45a.m.	46002 A1/B1
Movers w/parent (Ages 2 - 4years)	
10:00 - 10:45a.m.	46002 A2/B2
Tumbling and Stumbling (Ages 3– 5)	
3:00 - 3:45p.m.	46002 A3/B3
Movers & Shakers (Ages 5 - 7)	
3:45 - 4:45p.m.	46002 A4/B4
Level I (Ages 7 - 10)	
4:45 - 5:45p.m.	46002 A5/B5
Level II (Ages 10 - 15)	
5:45 - 6:45p.m.	46002 A6/B6

Saturday

Dates: Sept 9 - Oct 14– Session 1(A1-A4)
 Oct 21 - Dec 16– Session 2(B1-B4)

No Class: Oct 28, Nov 25

Fee: \$65.00 / 45 min class * \$75.00 / 60 min class

Lil' Movers w/parent (Ages 18 months—3 years)	
8:15 - 9:00a.m.	46003 A1/B1
Lil' Movers w/parent (18 months - 3 years)	
9:15 - 10:00a.m.	46003 A2/B2
Tumbling and Stumbling (Ages 3 - 5)	
10:15 - 11:00a.m.	46003 A3/B3
Movers & Shakers (Ages 5 - 7)	
11:15 - 12:15p.m.	46003 A4/B4

Our gymnastics program is a combination of fun and learning, fostering the benefits of strength and appreciation culminating into the ultimate goal of flexibility and fitness. All classes are co-ed.

Instructor: Mrs. C and Staff

Fall Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 2 – Dec 18 No Class: 10/9	Oct 3 – Dec 19	Oct 4 – Dec 20	Oct 5 – Dec 21 No Class: 11/23	Oct 6 – Dec 22 No Class: 11/10, 11/24	Oct 7 – Dec 23 No Class: 11/25
<u>Cardio Tone</u> 42405 A1 (Canetti) \$50 8:30-9:25 a.m.	<u>Power-in-Motion</u> 42422 A5 (Glass) \$50 7:30-8:30am	<u>Cardio Tone</u> 42405 A2 (Canetti) \$50 8:30-9:25 a.m.	<u>Cardio Tone</u> 42405 A3 (Canetti) \$50 8:00-8:50 a.m.	<u>Power –in-Motion</u> 42422 A6 (Glass) \$50 8:00-9:00am	<u>Yoga Mini Series</u> 32113 A2 & A3 8:00-9:30am Creamer (\$50) 9/2-9/30
<u>Deep Gentle Yoga</u> 42406 A1 & A2 (Beale) \$90.00 9:00—10:30a.m.		<u>Essentrics® Barre</u> 42403 B1 (Armstrong) \$50 9:30-10:30 a.m.	<u>Sculpt and Tone</u> 42406 E1 & E2 (Beale) \$50 9:00-10:00a.m.	<u>Yoga Tone</u> 42406 G1 & G2 (Beale) \$50 9:00-10:00a.m.	<u>Yoga</u> 42110 B1 & B2 8:00-9:30am Creamer (\$75) 10/1-12/17
<u>Strength (Chair Based)</u> 42406 B1 Beale (\$50) 11:00-12:00p.m.	<u>Sculpt and Tone</u> 42406 E3 (Beale) \$50 9:00-10:00a.m.	<u>Mat Pilates</u> 42406 C2 (Beale) \$50 9:00-10:00am	<u>Slow Flow Yoga</u> 42406 F1 & F2 (Beale) \$90 10:15-11:45a.m.	<u>Deep Gentle Yoga</u> 42406 H1 & H2 (Beale) \$50.00 10:15—11:15a.m.	<u>Zumba</u> 42420 C1 (Prior) \$50 or \$8/class 9:00-10:00
			<u>Strengths & Stretch</u> 42415 A6 (Zergiebel) \$50 4:50-5:50pm		
<u>Yoga</u> 42109 A1 & A2 (Gaynor) \$90.00 5:30-7:00 p.m.	<u>Strength & Stretch</u> 42415 A1 (Zergiebel) \$50 4:50-5:50p.m.	<u>Deep Gentle Yoga</u> 42406-D2 (Beale)\$50 5:30pm-6:30pm	<u>Yoga</u> 42109 B1 & C1 (Gaynor) 90.00 5:30-7:00 p.m.	<div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p><u>NEW MINI SERIES</u></p> <p><u>Power - In - Motion</u></p> <p>Aug 28-Sept 29 (No Class 9/4)</p> <p>42422 @Jacobs</p> <p><u>Monday:</u> 6-7p.m. (B1)</p> <p><u>Tuesday:</u> 7:30am-8:30a.m.(C1)</p> <p><u>Friday:</u> 8-9a.m.(D1)</p> <p>\$8/class or \$30 session (Glass)</p> </div>	
<u>Power– in-Motion</u> 42422 A4 (Glass) \$50 6:00-7:00pm					
<u>Zumba Toning</u> 42420 A1 (Prior) \$8/class OR \$50 session 7:15-8:15p.m.	<u>Strength & Stretch</u> 42415 A2 (Zergiebel) \$50 6:00-7:00pm	<u>Zumba</u> 42420 B1 (Prior) \$8/class OR \$50 session 7:00-8:00 p.m.	<u>Strength & Stretch</u> 42415 A3 (Zergiebel) \$50 6:00-7:00pm		

Programs in Purple: Class will be held in person at the Community Center and will be streamed through Zoom.

Programs in Blue: Class will be held in person at the community center.

Programs in Yellow: Class will be held in person at A.W. Cox . In case of inclement weather class will be moved into the Community Center.

Programs in Green: Zoom
Instructor sends Zoom link

Fitness Descriptions

CARDIO TONE: Cardio tone combines the definition of muscles and cardio exercise for a total body workout. Participants will improve cardio endurance and increase muscle strength and flexibility. The workout will include resistance training to work different muscle groups. We will use weights, body bars and band combinations, finishing each class with floor work, core and stretching.

STRENGTH & STRETCH: This class is an intense strength training workout using balls, weights, body bars, and bands. Designed to focus on strengthening and toning. All fitness levels welcome!

YOGA: Hatha style practice which offers a slow flow and longer holds. Class offers an introduction to breathing (pranayama) and meditation. Practice will lend itself to all levels, beginner to seasoned yogi.

ESSETRICS: is a low impact workout that rebalances your body by simultaneously stretching and strengthening all your muscles. This dynamic stretching program develops lean, strong, flexible muscles and helps to unlock tight joints, with immediate benefits to your posture.

ZUMBA: is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training.

FLEXIBILITY & MOBILITY: A full rounded class includes deep tissue work with foam rollers and therapy balls to massage tight, stiff muscles, followed by dynamic stretching and classic yoga postures.

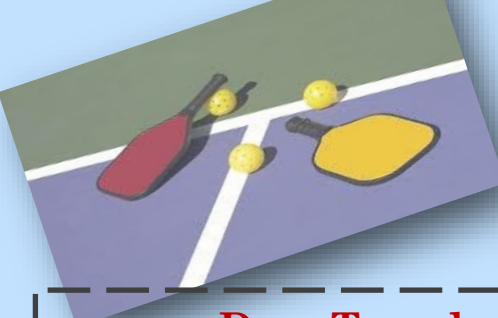
SCULPT & TONE: Offers a full body workout beginning with a light cardio warm up followed by strength and conditioning exercises layering on Pilates style movements. Lengthen and tone muscles while improving balance, increasing flexibility.

STRENGTH - CHAIR BASED CLASS: Focuses on building muscle from our chairs. Safe and effective way to strengthen the body with light weights and bands. All work will be done from the support of the chair.

MAT PILATES: Traditional style Pilates for full body strength. A special focus on core strength. Class will conclude with classic yoga postures to enhance flexibility. Props to have are resistance band, light weights and small ball. ***Zoom only***

POWER-IN-MOTION FITNESS CLASS: In just one hour, you will feel invigorated and energized with a 30-minute, full body mobility routine followed by a 30-minute, body-weight strength session, utilizing all muscle groups in a repeated systematic sequence focusing on proper form and mind-to-muscle connection. The program encourages ideal movement patterns, increases stable ranges of motion, corrects muscle imbalances, reduces joint pain and stiffness, and provides effective strength building, muscle toning, and fat shedding.

Round Robin Style Pickleball



“Round Robin” is a structured form of play, typically organized by skill levels. *Round Robins are intended to be more social than competitive.* A round robin program is one where each participant plays all the other participants in turn.

Adams Middle School Cost: \$10.00

Day: Tuesdays

Dates: Sept 5– Oct 3

Dates: Oct 10– Nov 7

Program #: 42129

Time: 9:00am - 10:00am

A1/B1 (Intermediate)

Time: 10:15am - 11:15am -

A2/B2 (Advanced)

Rain Date: Thursdays

Day: Thursdays

Dates: Sept 7– Oct 5

Dates: Oct 12– Nov 9

Program #: 42129

Time: 4:00-5:00pm

A3/B3(Intermediate)

Time: 5:15-6:15pm

A4/B4(Advanced)

Rain Date: Tuesdays

ANNUAL CRAFT FAIR

Saturday, October 28th

9:00am – 2:00pm

- * **HOLIDAY CRAFTS** * **CHANCE AUCTION**
- * **KNITTING** * **BAKED GOODS**
- * **CRAFT ITEMS** * **JEWELRY (gently used)**
- * **BOOKS (gently used)** * **POCKETBOOKS**

Community Center
32 Church St
Guilford, CT

Breakfast and Lunch will be available for purchase.
Various outside vendors will be selling items as well.

Mindful Outdoor Walking & Yoga

w/Chris Gaynor

Time: 9:00 - 10:30a.m. Date: Sunday

Fee: \$20/ date or \$100 for all 6 Program #: 42109

September 10: 42109 (D1)

September 17: 42109 (D2)

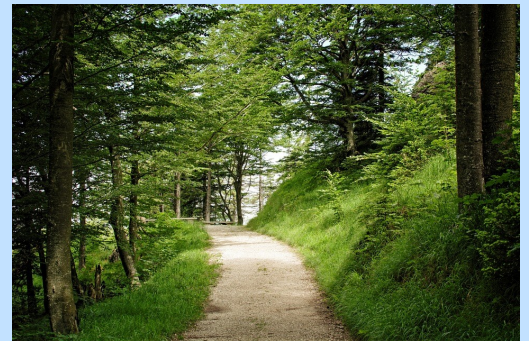
September 24: 42109 (D3)

October 1: 42109 (D4)

October 8: 42109 (D5)

October 15: 42109 (D6)

All 6 weeks: 42109 (D7)



Intentional time spent outdoors has been proven to reduce blood pressure, lower cortisol levels, improve concentration and memory, and more. Join Chris for a 90 minute outdoor experience rooted in mindfulness. You can expect light movement to prepare the body, a mindful walk/hike between one and three miles, and nature meditation. Locations will be in and around Guilford, on easy hiking paths.

Location will be emailed to you each week by Chris

Active Adults 55+



BALLROOM LINE DANCE #40210

Day: Tuesday (A2)
Dates: Oct 3 - Dec 19
 Time: 8:45 – 9:45 a.m.
 Day: Friday (A1)
Dates: Oct 6 - Dec 22
No Class: Oct 27, Nov 10, Nov 24
 Time: 9:00 – 10:00a.m.
 Instructor: Karen Pfrommer
 Fee: \$30 / \$35 Non-Res
Remember those songs and dances you love and the wonderful memories they invoke while having fun and getting fit. Come and Cha Cha to Tea for Two, Waltz to Moon River and Mambo to Tequila. Done in line format so no partner needed.

LOW IMPACT AEROBICS/WEIGHT TRAINING #40215

Day: Tuesday and Friday
Dates: Oct 3 - Dec 22
No Class: Oct 27, Nov 10 & 24
 Time: 1:45 – 2:45p.m.
 Instructor: Barbara Corso
 Fee: \$60/ \$65 Non-Res
*Excellent program for cardio and stretching exercises. *This class is normally scheduled for the Guilford/Whitfield Room but on occasion will be moved to an alternative room and class activities will be modified.**

FRENCH CONVERSATION #40216

Day: Monday
Dates: Oct 2 - Dec 18
 Time: 10:30 - 11:30 a.m.
No class: Oct 9
 Instructor: Candace Routh
 Fee: \$35 / \$45 Non-Res
Parlez-Vous Francais? Would you like to? Come join the French class! Some prior exposure to French is desirable. Not a grammar class but an opportunity to learn conversational phrases and French culture. An extra 30 minutes at 10:00 is set aside for dialog.

ITALIAN #40219

Day: Friday
Dates: Oct 6 - Dec 22
No Class: Nov 10, Nov 24
 Time: 1:00 - 2:30 p.m.
 Instructor: Elaine Jackson
 Fee: \$35 / \$45 Non-Res
Join us as we explore Italy's melodic language, its delectable regional cuisines, its rich history, four very famous artists, the Golden Age of Italian opera and practical expressions. All materials are included in this stress-free course. Andiamo a Italia!

TAI CHI #40228

Day: Tuesday and Friday
Dates: Oct 3 - Dec 29
No Class: Oct 10, Nov 2
No class: Oct 27, Nov 10 & 24
 Instructor: Elaine Jackson
 Fee: \$35 / \$45 Non-Res

A1- 10:00-11:00 am Beg 1 day
 A2- 10:00-11:00 am Beg 2 days
 B2- 11:00-12:00 pm Yang 24
 C2- 12:00-1:00 pm 108
 D2- 1:00- 2:00 pm Advanced Forms 1
 E2- 12(Wed) & 2pm (Fri) Advanced Form 2
 Instructor: Karen Strawson-Brereton
 Fee: \$60.00 one class per week
 \$105. two classes/week
 \$120 three classes/week

Participants will use graceful movements of traditional Chinese martial arts to improve their physical well-being, manage stress and defend against the confrontations of everyday life. Open to adults of all ages.

OIL PAINTING 101 #40205

Day: Thursday
Dates: Oct 5 - Dec 21
No Class: Nov 23
 Time: A1 12:30 - 2:00 p.m.
 A2 2:30 - 4:00 p.m.
 Instructor: Emer Gearheart
 Fee: \$65 / \$75 Non-Res
Explore the wonderful world of art by starting with a black and white painting and progress to color. Express your creativity and have fun with other budding artists.

SPANISH #40203

Day: Friday
Date: Oct 6— Dec 22
No Class: Nov 10, Nov 24
 Time: 11:00 - 12:30 pm.
 Instructor: Elaine Jackson
 Fee: \$35 / \$45 Non-Res

The official language of twenty different countries, Spanish is also very practical here in the U.S. Join us as we enjoy the numerous cultures of Spain and Latin America. All materials will be provided in this new course. Bienvenidos a Todos!

THE JOY OF DRUMMING:#40209

Day: Friday
Date: Oct 6– Dec 22
No Class: Nov 10, Nov 24
 Time: 10:30-11:15
 Instructor: Ruby Benaroad
 Fee: \$35/\$45 N/R

Drumming is a seated cardio activity of drumming to music & use of tambourines. It helps improve strength, Flexibility & coordination. Great for the mind & body.

BODY WISE #40218

Day: Tuesday and Thursday
Dates: Oct 3- Dec 21
No Class: Nov 23
 Time: 1:00 - 2:00 p.m.
 Where: Community Center
 Instructor: Lynne Keyser
 Fee: \$55 / \$60 Non-Res

A safe program of gentle exercise and movement designed to increase flexibility, muscle tone, bone density, and improve circulation, balance and coordination.

CHAIR YOGA #40207

Day: Wednesday
Dates: Oct 4 - Dec 20
 Time: 11:00 a.m. – 12:15 p.m.
 Instructor: Lynda Corcoran
 Fee: \$40 / \$45 Non-Res
A program of gentle stretching, facilitating the chair as a prop for standing & seated poses. Yogic philosophy, breathing & relaxation techniques explored.

SENIORSIZE #40204

Day: Monday & Wednesday
Dates: Oct 2- Dec 20
 Time: 3:15 - 4:15pm
No Class: Oct 9
 Fee: \$60/\$65 Non-Res
 Instructor: Gisel Zeribel
Exercise is a safe effective format. This program will focus on strength, flexibility, balance & cardio fitness. Instructor may use equipment for safety.

DANCING WITH PARKINSON #30225

MONDAY (No class– 10/9)
Dates: Oct 2– Dec 18
 Time: 10:45-11:45 am
 Instructor: Rose Costanzo
 No Charge
Living with Parkinson's? Experience the joy and benefits of dancing. Participating in dance is good for your brain and stability, boost confidence, focus your senses on movement & balance.

FIT & FABULOUS # 40208

Monday & Wednesday
Dates: Oct 2 –Dec 20
(NO Class 10/9)
 Time: 4:45-5:45 pm.
 Instructor: Lucy Krauchick
 Fee: \$60.00—\$65.00 N/R
One hour of functional cardio, weight & body weight training with cool & stretch segments all designed to enhance your overall well-being. All fitness levels welcome. " The body achieves what the mind believes" and we can do it!

PICKLEBALL

MORE INFO COMING SOON

Staff Directory

Staff	Title	Email
Rick Maynard	Parks & Recreation Director	MaynardR@guilfordct.gov
Ellen Clow	Recreation Supervisor	ClowE@guilfordct.gov
Terry Holland-Buckley	Senior's Program Supervisor	BuckleyT@guilfordct.gov
Tony Annicelli	Park Supervisor	AnnicelliA@guilfordct.gov
Taryn Erb	Program Coordinator	ErbT@guilfordct.gov
Victoria Nadolski	Recreation-Senior's Program Coordinator	NadolskiV@guilfordct.gov
Patti Haggerty	Office Assistant	HaggertyP@guilfordct.gov
Jennifer Knight	Administrative Assistant	KnightJ@guilfordct.gov
Savannah Schwab	Receptionist	SchwabS@guilfordct.gov
Todd Rake	Maintenance Supervisor	RakeT@guilfordct.gov

NEW TO TOWN: Come in and find out what we have to offer. We have programs, classes, trips, and facilities for all ages. We will be happy to make an appointment to show you around and explain any program of interest to you. We look forward to meeting you!

PAYMENT: Payment must be made in full at the time of registration. There is a \$30 charge for all checks returned by the bank. Programs are not prorated. Donations received will go to the Florence Chittenden Scholarship Fund to help a needy child go to summer day camp. Non-Residents must add an additional \$10 per participant per program.

INCLEMENT WEATHER: If school is canceled due to inclement weather, programs scheduled between 7:00am and 11:00am are cancelled. A decision to cancel after 11:00am will be at the discretion of the Parks and Recreation Director and will be announced on the weather line (203)453-8134, www.guilfordparkrec.com and on Channel 3,8 and 30. If school is delayed, programs/activities scheduled before 10:30am will be canceled.

REFUND POLICY: Since programs are self-supporting and commitments need to be made to instructors and staff, the following is the department's refund policy. Please read carefully before registering for a program.

- A full refund will automatically be given for any program cancelled by the Department.
- A partial refund may be given when requested in writing up to one week prior to the start of a program.
- Once the decision has been made to run a particular program, no refund will be given unless there is a medical emergency and a doctor's note must be provided. **No refunds will be given for any used portion of a program.**

INCLUSION POLICY: The Recreation Department intends to comply with the A.D.A. regulations. Participation in many of our non-adaptive programs is possible for those with special needs. Our programs and services are designed to be consistent with the principles of inclusion, natural supports, normalization, and least restrictive environments. We request advance notice to ensure that any needed personalized accommodations will be met.

SCHOLARSHIP: Scholarships are available for all programs based on eligibility, please inquire.

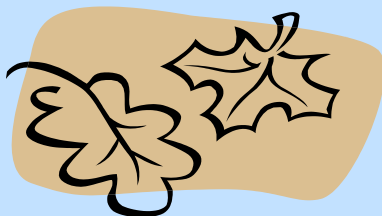
OOPS! We apologize in advance for any mistake you may find in this brochure. Due to the continuous program information updates, rescheduling issues, as well as other circumstances, some information is subject to change or errors may occur.

NOTE: All costs associated with the printing and mailing of this brochure are covered by program fees.

MAKEUP CLASSES: Every effort will be made to makeup any cancelled class date. However, due to extenuating circumstances, this is not always possible. We apologize for any inconvenience. No refunds will be given.

PARTICIPATION: Participants may only attend the day and time of the program for which they are registered. Only persons registered in a program may participate in that program.

CANCELLATION POLICY: We reserve the right to set a minimum and maximum for each program and to cancel any program due to low enrollment or weather conditions. One week prior to a program start date a decision will be made to cancel or run the program.



Spotlight—Ruth Meoli



Ruth has been coming to the Community Center for many years. In 2021, her beloved husband Georgie, passed away. Ruth started becoming more involved with the daily operations at the center. She can be heard answering the phones in the Parks and Recreation Office, making beach passes, calling people to confirm for senior trips, collecting money at senior lunch, creating an army of mah-jongg players and her most prized contribution BOCCE. She even takes time out of her day to bring staff donuts and other treats. You sometimes may see her car parked half on the sidewalk, but that's ok, because she is a true gem! Thank you Ruth for all YOU do!



Thank you Scott Sitz for 34 years of service to the
Town of Guilford—Parks and Recreation Department
Enjoy your retirement!



Left to right: Mitch Goldblatt, Anthony Annicelli, Rick Maynard, Scott Sitz, Matt Hoey

Contact Information/Registration Form

PARKS AND RECREATION COMMISSION MEMBERS

Laura Hartmann, Chairwoman
 Rose Dostert, Vice Chairwoman
 John Jagielski
 Tara Hunt-Melvin
 Michael Mennone
 Lawrence Rooney
 Diane VanSteenbergen
 Susan Welsh
 Bradley Kronstat

**Commission meetings are held
 the first Monday of each month
 at 6:30p.m. at the Community
 Center.**

Nathanael B. Greene Community Center
Office Hours: Monday through Friday
32 Church Street
8:30 a.m. - 4:30 p.m.
Guilford, CT 06437
Phone: (203) 453-8068
Fax: (203) 453-8456
Weather Line: (203) 453-8134
www.guilfordparkrec.com



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 Important Updates**
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Follow us on Instagram @Townofguilford



REGISTRATION FORM

Completed forms with full payment included may be mailed or delivered to:
 Guilford Parks & Recreation 32 Church Street Guilford, CT 06437 Phone: (203)453-8068

Parent/Guardian Name:	Phone (Home)	(Cell)
Address:	(Work)	
Town:	Email	
Emergency Contact	Emergency Phone	

PROGRAM REGISTRATION INFORMATION

Participant Name	DOB	Grade	M/F	Program #	Program Name	Fee
Allergies/Medications/Other Info					Non-Residents Fee \$10/ program	Total

I agree to hold the Guilford Parks and Recreation Commission and any person connected therewith and the Town of Guilford its employees, and those associated with its program harmless from any and all claims for bodily injury, negligence and property damage arising from the use of facilities or Town equipment during the course of a Guilford Parks and Recreation sponsored activity. In addition, I have read the refund policy in the program brochure and agree to its terms and conditions. Photos taken during programs may be used for promotional purpose. Please notify Parks & Recreation if you do not want picture published.

Participant/Parent/Guardian Signature: _____ Date: _____