NEW LONDON RECREATION

WINTER 2026-2027



SCAN ME

COMMISSION FOR ACCREDITATION OF PARK AND RECREATION AGENCIES
CAPRA ACCREDITED

CONNECT

1 RECREATION WAY, CT 06320 • 860-447-5230

NEW LONDON YOUTH AFFAIRS 860-442-4994

VISIT US ON THE WEB AT WWW.NEWLONDONREC.COM • REGISTER ONLINE!

TABLE OF CONTENTS

MESSAGE FROM THE DIRECTOR 2

YOUTH SPORTS & NEW LONDON INFORMATION 3

AQUATIC PROGRAMS 5

RECREATION PROGRAMS 6

MESSAGE FROM THE DIRECTOR OF RECREATION

DEAR FAMILIES AND FRIENDS OF THE NEW LONDON RECREATION DEPARTMENT,

As we welcome the winter season, the New London Recreation Department is excited about the possibilities ahead! We continue to grow, create new opportunities, and provide programs that bring our community together.

This season, we are especially proud of the growth of our **New London Dragons Swim Team**, giving young swimmers the opportunity to develop their skills, build confidence, and experience competitive swimming. Programs such as **Girls Circle** continue to empower our youth through mentorship, positive relationships, and personal development, while the **Connecticut Youth Employment Program** provides valuable opportunities for young people to gain work experience, develop career skills, and prepare for their futures.

From aquatics and youth sports to fitness, enrichment, and family activities, we are committed to making recreation accessible, engaging, and meaningful for residents of all ages.

With our Community Recreation Center and growing partnerships throughout New London, the possibilities for new programs and experiences are greater than ever.

I encourage you to explore this winter brochure, try something new, and take advantage of everything our department has to offer. Together, we are building a stronger, healthier, and more connected New London.



Joshua Posey, MBA
Director of Recreation
City of New London

FOLLOW US ON SOCIAL MEDIA

For the latest news and information regarding City of New London Recreation.

*Please contact us 2 wks. in advance of program with any special accommodation requests. We will make every effort to meet those needs so every child or adult can participate with success. 860-447-5230

HABLAMOS ESPAÑOL

PARA MÁS INFORMACIÓN
Llamar al 860-447-5230

REFUND/CANCELLATION POLICY

If the Recreation Department cancels a program/class, then a full refund will be given. If an individual decides to drop out of a course that he/she has already paid for, **a refund request must be made seven days prior to the first class session. He/she will be assessed a $10 processing fee. No refunds will be given within seven days of the session beginning.** If a session is cancelled due to weather or other problems, an effort will be made to schedule a make-up session. If a make-up session cannot be scheduled, no partial refund will be made. Session fees cannot be prorated; therefore if you join a session after the start, you are responsible for the full payment.

INCLUSION STATMENT

The City of New London Recreation Department provides recreation and leisure programs which are open to all residents in the City and seeks and supports participation by all citizens with a variety of interests and abilities. If you or a family member require special accommodations or support to participate in the New London Recreation Department programs, please contact us at least 5 business days prior to the start of class so we may make appropriate accommodations.

MISSION STATMENT

To connect the community with resources that will enrich and enhance the quality of life of all individuals through healthy lifestyle initiatives, inclusive prevention services, and programs that encourage civic involvement and community partnerships. Safety of participants and staff is our number one priority.

*PROGRAM SCHEDULE AND FEES SUBJECT TO CHANGE

NEW LONDON CITY INFORMATION

CITY COUNCIL

John Satti., President | Victoria Mueller | Jeffrey P. Hart | Akil Peck | Shineika Fareus| Efrain Dominguez Jr |
Christopher Clouet, Parks & Recreation Commission Liaison
Jennifer Startz, Administrative Assistant

PARKS & RECREATION COMMISSION

Donna Bailey, Co-Chairperson | Ricky J. Free Co-Chairperson | Norman Harrison| Benjamin Hyde | Dominque Griffin | James Diaz-Saavedra | James Singleton, Jr. | Alberto Garcia | Ricardo Pratts | Patrick Sheehan Gaumer | Carrie Sheridan | Valeria Bocachica, Recording Secretary

MAYOR'S OFFICE

Mayor Michael Passero
Steven Fields, Chief Administrative Officer
Richelle Meneses, Executive Assistant

PARKS DIVISION OF PUBLIC WORKS

Brian Sear, Director of Public Works
Stephen Lee, Deputy Director of Public Works
George Brosofske, Parks Crew Leader

RECREATION DEPARTMENT OFFICES

Main Office: Phone: 860-447-5230
Fax: 860-447-7956
Youth Affairs Office: Phone: 860-442-4994

RECREATION DEPARTMENT STAFF

Joshua Posey, Director of Recreation

RECREATION

Sharon Bousquet, Assistant Director of Recreation
Sally Brennan, Program Manager II
Tara Hannaford, Recreation Supervisor II
Tommy Podeszwa, Aquatics & Recreation Leader
Zach Morales, Park Ranger
Andria Fraser, Program Director
Rianna Rubino, Program Director
Valeria Bocachica, Assistant to the Director

YOUTH AFFAIRS

Cindy Alvarez, Coordinator of Youth Grants and Services/ Youth Service Bureau Director
Paola Cruz, Teen Development & Employment Leader
Tina Salcedo, Early Childhood & Family Program Leader
Jenesys Rodriguez, Program Assistant
Estefani Cruz, Program Coordinator
Sol Fiat, Program Assistant
Gail Palladino, Program Facilitator
Rianna Rubino, Program Assistant
Debra Sargent, Program Assistant

CITY YOUTH SPORTS LEAGUES

NEW LONDON YOUTH SOCCER CLUB
Tripp Kyle, President
nlscprez@gmail.com
www.newlondonsc.com

NEW LONDON LITTLE LEAGUE
Victoria Mueller, President
NLLLpresident@gmail.com
newlondonlittleleague@gmail.com
newlondonlittleleague.com

NEW LONDON YOUTH FOOTBALL & CHEERLEADING
James Singleton, President
860-625-5861
newlondonyouthfootball@gmail.com

NEW LONDON BABE RUTH
Megan Lefleur, President
413-262-0388
Anna Stefanski, Player Agent
860-705-3244

WHALING CITY YOUTH FOOTBALL & CHEER
Rell Green, President
860-857-6946
Ceo@Whalingcityyouthfootball.com

CITY PARK GROUPS
The City is fortunate to have volunteer, non-profit groups to enhance our parks. To learn how you can help, contact:

SAVE OCEAN BEACH
Bill Lacey | 860-608-6009
steeringcommittee@saveoceanbeach.org
save-oceanbeachpark.org

RIVERSIDE PARK CONSERVANCY
Ronna Stuller
info@riversideparkconservancy.org
riversideparkconservancy.org

FRESH
McDonald Park & Community Garden
info@FRESHNEWLONDON.ORG

GRANT INFORMATION

GIRLS AGES 5-14 WHO WANT TO TRY A NEW SPORT:

Apply for a voucher to cover up to $50 of your registration fee. Try soccer, softball, baseball, cheer, football or basketball!

WOMEN – ARE YOU LOOKING TO LEARN THE SKILLS TO BE A COACH OR SPORT OFFICIAL?

We will be training 20 women to coach or officiate a sport in New London. We provide th tools and training to help you succeed. A stipend will be paid to women who complete the training and coach a season in New London. Women who choose the officiating path will learn skills needed to potentially be a paid official for youth sports!

FACILITY RENTAL

Are you planning a practice, game or event and need a recreational location to host your family, friends, associates or co-workers? Look no further! The City of New London Recreation Department and Parks Department are proud to provide the public with wonderful facilities, parks, & fields.

- A permit is required for any organized picnic or activity of 10 or more participants.
- No permit is final until an application is submitted, processed, paid in full, and any additional requested documentation is received.
- Do you have a NLRD account at www.newlondonrec.com? You'll need one to apply for a permit.

Applications for one-time permitted uses are due at least 14 calendar days before the date of use. Requests of less than 14 days will incur a $5 late fee. No requests will be accepted with less than 3 business days to process. Many one-time permitted uses will be approved at the time of application. Some events, especially larger community events, may require additional information and documentation including but not limited to Certificate of Liability Insurance, 501-3c status, etc. These applications will not be approved until the Recreation Office has reviewed the request and ensured that all appropriate

YOUTH SPORTS REGISTRATION

LITTLE LEAGUE
Girls Ages 4-16, Boys 4-13
SCAN ME

BABE RUTH
Ages 12 –18
SCAN ME

TRAVEL SOCCER
Girls and Boys Ages 8 - 14

REC SOCCER
Girls and Boy Ages 5-12
SCAN ME

NL YOUTH FOOTBALL & CHEERLEADING
Girls Ages 6-17 and Boys Ages 5-14
SCAN ME

WHALING CITY FOOTBALL & CHEER
Ages 5-14

BEFORE CARE

BEFORE CARE
In partnership with NLPS we offer care starting at 7AM at 2 elementary schools in New London every day school is in session starting on the 1st day school! Registration is open on our website. *Register for the school the child attends
Date Information: Mon-Fri, on school days, Sept - Jun monthly; 7:00 AM-start of school.
Cost: $25 per week - payment plan offered - reserve your spot for the whole year and pay monthly
Age Requirements: Grades K-4
Location: Nathan Hale and Winthrop Elementary Schools

AQUATIC PROGRAMS

YOUTH SWIM LESSONS

Classes are in 6 levels. See website for descriptions..
Date Information:
Session 1: December 7 to January 16
Session 2: January 25 to March 6
Scan QR Code below for specific schedules for each level
Age Requirements: Ages 4 –14
Locations: Community Center Pool, 1 Recreation Way

ADULT SWIM LESSONS

This class will focus on basic swim strokes to make all adults comfortable in the water and improve your strokes based on the level you are at. Beginner & intermediate swimmers welcome.
Date Information: Saturdays or Wednesdays
Session 1: December 9 to January 16
Session 2: January 27 to March 6
Scan QR Code below for specific schedules
Age Requirements: 15 years and up
Locations: Community Center Pool, 1 Recreation Way

BABY & ME

The goal of the class is to help make the child comfortable in the water. Parents will be in the water with their child 1:1. Children will participate in activities with songs, jumping into the water as able, using toys to have fun in the water, etc.
Date Information: Mondays or Saturdays
Session 1: December 7 to January 16
Session 2: January 30 to March 6
Scan QR Code below for specific schedules
Age Requirements: Birth to 3
Locations: Community Center Pool, 1 Recreation Way

PRESCHOOL SWIMMING

Parents must be in the water with their child for all Pre-school Aquatics Levels. These are designed to teach participants water safety as well as swimming skills that will help them to excel in our Level 1 youth swimming lessons.
Date Information: Tuesdays 4:30—5:00 PM
Session 1: December 8 to January 12
Session 2: January 26 to March 2
Scan QR Code below for specific schedules
Age Requirements: Ages 3-5 years old
Locations: Community Center Pool, 1 Recreation Way

SWIM LEVEL & SCHEDULE DESCRIPTIONS LOCATED ONLINE—SCAN QR CODE

MASTERS SWIMMING

Designed for adult swimmers of all levels—from fitness swimmers to competitive athletes—this self-guided program offers structured workouts written by our coach and posted daily on the whiteboard. Hands-on coaching on instruction is offered twice a week. Participants will have the flexibility to complete the workout at their own pace
Date Information: Mondays, Wednesdays, and Fridays, 5:30 - 7:00 AM
Sessions: Monthly or December - February
Fee: $35 Residents; $45 Nonresidents per Month
$99 Residents; $120 Nonresidents Dec.-Feb.
Age Requirements: Ages 18 and up
Location: Community Center, 1 Recreation Way

PRIVATE SWIM LESSONS

Offer personalized, one-on-one instruction tailored to each student's unique needs and goals. Whether you're just starting out or looking to refine your technique, our certified instructors are here to help you succeed at your own pace.
Evaluation Required: All students must complete a 15-minute swim evaluation with one of our Certified Water Safety Instructors.. **Call 860-447-5230 to schedule your evaluation.**

SWIM TEAM (AGES 6-17)

The program is designed for young athletes ages 6–17 who are ready to take their swimming to the next level in a fun, team-focused environment. This program emphasizes stroke development, endurance, teamwork, and sportsmanship
Prerequisites required, see website
Instructor: Recreation Department Staff
Date Information: Mondays, Tuesdays, and Wednesdays 7:00 - 8:30 PM, Fridays 6:15 - 7:45 PM, Saturdays 7:15 - 8:45 AM
Fee: **3 Days a Week** $99 Residents; $109 NR per month
4 Days a Week $175 Residents; $185 NR per month
5 Days a Week $210 Residents; $220 Nonresidents per month
Age Requirements: Ages 6-17
Location: Community Center, 1 Recreation Way

WATER FITNESS CLASSES

WATER AEROBICS

Improve your fitness level, walk with others, and enjoy this low intensity activity that is easy on your joints
Instructor: Molly Podeszwa
Date Information: Tuesdays, 6:00– 6:45 PM
Session 1: December 1 - January 5
Session 2: January 12 - February 16
Cost: $40 Residents; $50 Nonresidents
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

MAKING WAVES FITNESS

A fun, fast-moving water workout that uses aqua weight to crank up strength, cardio, and core training without stressing your joints. The water's resistance keeps your core engaged from start to finish, so you'll leave feeling stronger, lighter, and totally refreshed. Perfect for all fitness levels
Instructor: Molly Podeszwa
Date Information: Thursdays, 6:00 - 6:45 PM
Session: 1 December 3 - December 17
Session 2: January 7 - February 11
Cost:$20 Residents; $30 Nonresidents—Session 1
$40 Residents; $50 Nonresidents—Session 2
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

AQUATIC INTERVALS FOR ALL

All around water intervals workout, easy on the joints and helps build strength for any age. Adaptable to fitness levels.
Instructor: Molly Podeszwa
Date Information: Wednesdays, 10:00 - 10:45 AM
Session 1: December 2 - January 6
Session 2 January 13- February 17
Cost: $40 Residents; $50 Nonresidents
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

WATER BIKING

This low impact workout combines cycling with the natural resistance of water for a fun workout. Strengthen your muscles, boost your heart rate, and improve endurance while enjoying an energizing pool workout suitable for a variety of fitness levels.
Instructor: Recreation Staff
Date Information: Wednesdays, 9:00 - 9:45 AM or 6:00 -6:45 PM
Session 1: December 32 - January 6
Session 2 January 13- February 17
Cost: $50 Residents; $60 Nonresidents
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

WATER WALKING

Improve your fitness level, walk with others, and enjoy this low intensity activity that is easy on your joints and body
Instructor: Leona Podeszwa
Date Information: Thursdays, 7:00 - 7:45 PM
Session: 1 December 3 - December 17
Session 2: January 7 - February 11
Cost: $15 Residents; $20 Nonresidents - Session 1
$30 Residents; $40 Nonresidents - Session 2
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

AQUA FIT

This ever-changing class uses elements of HIIT, Pilates, resistance training and more. Use the water's resistance and buoyancy for an aerobic and muscle conditioning.
Instructor: NLCRC Staff
Date Information: Mondays, Tuesdays, Wednesday and Fridays, 12 - 1 PM
Session 1: December 1 - January 11 - for 6 classes
Session 2: January 12 - February 22 - for 6 class
Cost: $40 Residents; $50 Nonresidents
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way
NLCRC Members Reg @ NLCRC for $0

CERTIFICATIONS

CPR/FIRST AID/AED - ADULT AND PEDIATRIC

The First Aid/CPR/AED program is designed to help participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies. The course gives participants the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter, and to decide whether advanced medical care is needed. Participants will receive Red Cross CPR certification upon successful completion of the program.
Instructor: Tommy Podeszwa
Date Information: Saturdays, January 23, 9:00 AM - 1:30 PM
Cost: $75 Residents; $85 Nonresidents
Age Requirements: Ages 15 and up
Location: Community Center Classroom, 1 Recreation Way

CPR/FIRST AID for groups

New London Recreation is available to hire for American Red Cross CPR/First Aid/AED certification for your group or organization. Contact Thomas Podeszwa at 860-447-5230 or email at tpodeszwa@newlondonct.gov

BABYSITTING CLASS

Learn all about babysitting best practices and how to keep children safe. Participants will demonstrate their skills and develop skills to grow their own business. This is an American Red Cross certified class.
Instructor: Tommy Podeszwa
Date Information: Saturdays, January 9, 9:00 AM - 2:30 PM
Cost: $65 Residents; $75 Nonresidents
Age Requirements: Ages 11 and up
Location: Community Center, 1 Recreation Way

LIFEGUARD CERTIFICATION

The primary purpose of the Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. This program includes Lifeguarding, First Aid, CPR, and AED training. Participants who successfully complete the course will receive certification(s). Participants must meet minimum swim requirements.

New London Highschool students can take the class free of charge pending approval for more info contact Tommy Podeszwa at tpodeszwa@newlondonct.gov

Instructor: Tommy Podeszwa
Date Information: Thursdays, Saturdays and Sundays
Class is 5:00– 8:45 PM on Thurs. and 9:00 AM - 3:15 PM on Sat.
January 28 - February 11
Cost: $200 Residents; $250 Nonresidents
Age Requirements: Ages 15 and up
Location: Community Center, 1 Recreation Way



YOUTH ENRICHMENT & DANCE

BALLET
Instructor: Amanda Darling
Date Information: Tuesdays, 4:30-5:30 PM
Session 1: January 5 - February 23
Session 2: March 9 - April 27
Cost: $50 Residents; $60 Nonresidents
Early Pricing: **Save $10 when you register at least 3 weeks ahead of time (By December 15/January 19)**
Age Requirements: Ages 4 -10
Location: Senior Center Dance Room, 10 Brainard St.

RHYTHM & TAP DANCE
Beginner and intermediate tap dance lessons. Tap shoes required.
Instructor: Amanda Darling
Date Information: Tuesdays and Thursdays, 5:30 - 6:30 PM
Session 1: January 5 - February 25
Session 2: March 9 - April 29
Cost: $60 Residents; $70 Nonresidents
Early Pricing: **Save $10 when you register at least 3 weeks ahead of time (By December 15/January 19)**
Age Requirements: Ages 4-17
Location: Senior Center Dance Room, 10 Brainard St.

ADVANCED RHYTHM & TAP DANCE
Tap shoes required. Please also bring a water bottle each day.
Instructor: Amanda Darling
Date Information: Tuesdays, 6:30 - 7:15 PM
Session 1: January 19 - February 23
Session 2: March 9 - April 13
Cost: $40 Residents; $60 Nonresidents
Age Requirements: Ages 10-17
Location: Senior Center Dance Room, 10 Brainard St.

TINY TUMBLERS (GYMNASTICS)
An introduction to basic gymnastic skills, utilizing gymnastics apparatus including the beam, junior bars, vaulting, and floor tumbling.
Date Information: Tuesdays, 4:30 PM - 5:00PM OR 5:15 PM - 5:45 PM
Session 1: December 15 - January 19
Session 2: February 2- March 9
Cost: $45 Residents; $55 Nonresidents
Age Requirements: Ages 4-8
Location: Jennings School, 50 Mercer Street

TUMBLEWEEDS (GYMNASTICS)
Beginner to intermediate class for those wanting to learn or improve basic tumbling skills, i.e. rolls, cartwheel, walkovers, handsprings, jumps, tucks, etc.
Date Information: Tuesdays, 6:00—6:45 PM
Session 1: December 15 - January 19
Session 2: February 2 - March 9
Cost: $45 Residents; $55 Nonresidents
Age Requirements: Ages 5-10
Location: Jennings School, 50 Mercer Street

KOREAN KARATE
The goal of Tang Soo Do is to teach self-respect and respect for others. Class will teach the Korean art of Tang Soo Do. Additional $40 at end of class to be tested for belt.
Instructor: Roberto Padua
Date Information: Tuesdays
January 5 - February 23
Dragons: 6:30-7:00 PM, Traditional 7:00- 8:00 PM
Cost Dragons: $50 Residents; $60 Nonresident
Cost Traditional: $60 Resident; $70 Nonresident
Age Requirements: Dragons: Ages 7-8, Traditional: 9 and older
Location: Jennings School, 50 Mercer Street

FUTSAL/INDOOR SOCCER
A type of indoor soccer played on a gym floor. Participants will learn individual and team soccer foot skills
Instructor: Recreation Department Staff
Date Information: Wednesdays
Session 1: January 13 - February 17
Session 2: February 24 - March 31
Ages 6-8: 5:30-6:30 PM Ages 8-10: 6:30 - 7:30 PM
Cost: $40 Residents; $50 Nonresidents
Age Requirements: Ages 6-8, Ages 9-10
Location: Nathan Hale School, 37 Beech Drive

HIGH SCHOOL & MIDDLE SCHOOL NIGHT OUT @NLCRC
Hey Teens! We've got the ultimate hangout spot waiting for YOU! The whole community center reserved for YOU!
Date Information: Saturdays

- **Middle School Grades 6-8; Dec. 12, Jan. 9, and Feb. 13**
- **High School- Grades 9-12; Dec. 19, Jan. 30, and Feb. 27**

Time: 6:00-10:00 PM
Cost: $5 per person
Location: NL Community Recreation Center, 1 Recreation Way
Sign up: New London Recreation Department website

PARENTS NIGHT OUT
Parents Night Out offers parents or caregivers a worry-free time to spend an evening out while their child or children are cared for. Dinner provided.
December 11: Holiday and Dance Party
February 12: Valentine's Day craft followed by Movie Night!
Date Information: Fridays, 5:00-9:00 PM
Cost: $10 Residents; $20 Nonresidents. Sibling discount $5 off for each sibling.
Age Requirements: Ages 4-10
Location: Jennings School, 50 Mercer Street

LITTLE MESS MAKERS
Let little imaginations run wild! Explore a world of paint, paper, textures, recycled treasures, and endless possibilities. Children are free to touch, experiment, create, and make their own artistic discoveries in this hands-on, open-ended art space. No rules to follow, just creativity, exploration, and a little bit of mess!! Every visit is a new adventure!
Instructor: Rianna Rubino
Date Information: Wednesdays, 11:00 AM - 12:30 PM
January 13 - March 24
Cost: $25 Residents; $35 Nonresidents
Age Requirements: Ages 2-8
Location: Jennings School, 50 Mercer Street

PRESCHOOL SPORTS
Parent and child classes focus on sport specific skills.
Instructor: Recreation Department Staff
Date Information: Wednesdays, 5:30 - 6:30 PM
Basketball: January 13 - February 17
Cost: $40 Residents; $50 Nonresidents
Age Requirements: Ages 3-5
Location: Winthrop School, 74 Grove Street

BOOK BUDDIES AND BEYOND
Where stories come to life!
Little readers ages 2-6 will listen, move, create, explore and make new friends.
Each week brings a new book and a new adventure
Instructor: Rianna Rubino
Date Information: Mondays, 6:00 - 6:30 PM
December 7 - February 22
Cost: $30 Residents; $40 Nonresidents
Age Requirements: Ages 2-6
Location: Community Center, 1 Recreation Way

INTRO TO DANCE
Introduction to ballet using creative movement and their own imagination. Learning introductory ballet positions and simple steps
Instructor: Lana Davison
Date Information: Mondays, 12:00 - 12:45 PM
January 4 - February 22
Cost: $50 Residents; $60 Nonresident; $25 NLCRC Members
Age Requirements: Age 3
Location: Community Center, 1 Recreation Way

DANCE WITH ME
Class will be about movement, singing, playing and working together. 30 minute class of guided dance, music, and movement activities. Followed by 15 minutes of free play for little ones to explore and play together. An adult must participate with their child.
Instructor: Lana Davison
Date Information: Mondays, 11:00 - 11:45 AM
January 4 - February 22
Cost: $50 Residents; $60 Nonresidents;
Age Requirements: Parent/Guardian and child
Location: Community Center, 1 Recreation Way

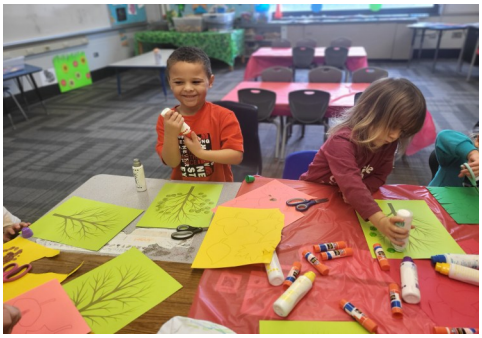
ART UNLEASHED
Let your imagination run wild!
Kids will explore the colorful, creative world of Pablo Picasso through fun, hands-on art projects inspired by his unique style. Each week, young artists will experiment with shapes, colors, lines, patterns, and abstract faces while creating their own one-of-a-kind masterpieces.
Think outside the lines! Create boldly, play with color and discover your inner Picasso!
Instructor: Rianna Rubino
Date Information: Wednesdays, 6:15– 7:00 PM
January 13 - February 24
Cost: $40 Residents; $50 Nonresidents
Age Requirements: Ages 5 - 10
Location: Jennings School, 50 Mercer Street

TEEN CENTER
Join us on Friday afternoons for a day at the New London Community Recreation Center. Games, swimming, open gym time, and more. Snack included. Bus provided from Bennie Dover
Date Information: Fridays, 2:30– 5:30 PM
January 8 - February 26
Cost: $40 Residents; $50 Nonresidents - 8 Week Session
Age Requirements: Grades 5 –7
Location: Community Center, 1 Recreation Way

THE AFTERSCHOOL HUB
New London Recreation is offering afterschool programming at the New London Community Center starting directly afterschool. Transportation provided from Nathan Hale, Bennie Dover, and Winthrop. Students will have an opportunity to participate in swim lessons, arts & crafts, cooking and more.
Date Information: Mon-Fri, on school days, Sept - Jun monthly; End of School - 5:30 PM.
Cost: $25 per week - payment plan offered - reserve your spot for the whole year and pay monthly
Age Requirements: Grades K-6
Location: Community Center, 1 Recreation Way

HALF DAY FUN CLUB
Looking to extend your child's day on school half days? Join us on NLPS Half Days for an afternoon filled with games, friendship, outdoor play, seasonal crafts and activities Transportation provided from Nathan Hale, Bennie Dover, and Winthrop.
Date Information: End of NLPS half day - 3:30 PM.
December 8, December 23, January 12, February 9
Cost: $10 per day
Age Requirements: Grades K-6
Location: Jennings School, 50 Mercer Street

CURIOSITY CORNER
Stories, Crafts & Creative Adventures! Free Childcare While You Work Out! Let your little ones explore, imagine, and create at **Curiosity Corner!** Each day features a fun story time and hands-on craft activity designed to spark creativity, encourage learning, and inspire young minds. While your children enjoy stories, crafts, and new friendships you can focus on your fitness journey, try a group exercise class, explore the weight room, or enjoy all that the NLCRC has to offer.
Date Information: Tuesdays and Thursdays, 6 - 7 PM
Session 1: January 5-28
Session 2: February 2-25
Cost: $0 Residents, $ 5 Non Residents, $0 NLCRC Members
Age Requirements: 10 and under - Parent must stay in building
Location: Community Center, 1 Recreation Way



BASKETBALL

GIRLS BASKETBALL LEAGUE

Games on weekends with practice during the week. New players or anyone moving up is required to take part in an evaluation prior to practice. The girls league is part of a regional program in which we will be playing other towns. Registration is open now! Practice begins November 18. Games begin December 5

Date Information: Registration Deadline - November 6
Skill Evaluations: Thursday, November 6 at Bennie Dover Middle School 5:30 PM Ages 12-15; 6:00 PM Ages 10-11; 6:30 PM Ages 8 - 9. Ages as of 12/31/26
Cost: $65 Residents; $90 Nonresidents
A $5 late fee begins November 6
Age Requirements: Ages 8-9, 10-11, 12-15 at of 12/31/26
Locations: Girls travel to Groton, Ledyard, Preston, Montville, and Griswold *subject to change - Practice at Community Center or Winthrop School*
Coaches needed– Email sbousquet@newlondonct.org or call 860-447-5230

Are you a female coach looking for training, coaching for the first time, and/or willing to be a role model to the girls in the program? Scan QR Code:

BOYS PRE-TEEN BASKETBAL LEAGUE

Games on weekends with practice during the week. New players are required to take part in an evaluation prior to practice. Practice begins week of Nov. 30. Games begin weekend of Dec. 12.

Date Information: Registration Deadline - November 13 (Space limited following November 12)
Skill Evaluations: November 10 and 12 at Bennie Dover Middle
Cost: $65 Residents; $90 Nonresidents
A $5 late fee begins November 15
Age Requirements: 9-12 Ages as of 12/31/26
Locations: Bennie Dover Middle School, 36 Waller St.
Coaches needed– Email jposey@newlondonct.org or call 860-447-5230

INSTRUCTIONAL BASKETBALL - JR NBA/WNBA

Coed basketball program for Ages 7-8. Coaches will teach the basics of basketball to start and move into games. Modified games will be played. Games begins December 7. Practices and games will be on Mondays and/or Wednesdays.

Date Information: **Registration Deadline - December 1**
Skill Evaluations: Monday, December 1, 5:30 PM Age 7, 6:00 PM Age 8, Ages as of 12/31/26; Girls Age 8 should register for the Girls Basketball League.
Cost: $50 Residents; $60 Nonresidents
A $5 late fee begins December 2
Age Requirements: Ages 7-8 as of 12/31/26
Locations: Jennings Elementary School, 50 Mercer St.
NEW NBA JERSEYS!

BOYS SENIOR LEAGUE

Games on weekends with practice during the week. New players or anyone moving up is required to take part in an evaluation prior to practice. Registration is open now!

Date Information: Registration Deadline - December 11
Skill Evaluations: December 7 or 9 at 5:30 PM at Bennie Dover
Cost: $65 Residents; $90 Nonresidents
A $5 late fee begins December 11
Age Requirements: Ages 13-15 12/31/26
Locations: Bennie Dover Middle School, 36 Waller St.
Coaches needed– Email jposey@newlodonct.gov or call 860-447-5230 -
Want to **Sponsor** the program email jposey@newlodonct.gov

MUNCHKIN BASKETBALL - JR NBA/WNBA

Basketball skills program designed for ages 5-6 years old (coed). Boys and girls will rotate around from station to station to learn and/or practice new skills. Fun games will be played NEW NBA JERSEYS!

Date Information: Fridays, 6:00 - 7:00 PM
January 9 - February 13
Cost: $40 Residents; $50 Nonresidents
Age Requirements: Ages 5 - 6
Locations: Nathan Hale School, 37 Beech

VACATION CAMPS

VACATION CAMP DAYS

Is your child looking for a chance to get out of the house during vacation? Looking to spend time with their friends? New London Recreation is offering vacation camps/special events during the December school vacation. Arts and Crafts, field trips, group games, board games, sports, and other activities will be offered for participants. Limited space.

Date Information: 8:00 AM - 4:00PM
December 28 - December 30
Cost: $20 per day; Residents; $30 per day; Nonresidents
Age Requirements: Ages 4 - 5 & 6 –10
Location: Jennings School, 50 Mercer Street

SUMMER PLAYGROUND PROGRAM- Registration will open February 1st!

If you register Feb-June 12, weekly payment plans will be available. Limited Scholarships available. Limited places at each site. A $5 late fee will be applied after June 14, per registration, per week. **REGISTER during FEBRUARY to get last summer pricing! Rates increase March 1st!**

2027 Summer Playground Program

6 weeks of camp starting June 28! Program is for ages 4-14. Breakfast & lunch are provided. Ages 4-5 and 6-9 activities include daily arts and crafts, playing outdoors, swimming lessons, board games, and field trips. The 10-14 program will include multiple field trips per week.

Before and after care to be held for additional cost. RAIN or SHINE.

ADULT ENRICHMENT

ADULT TAP DANCING

Tap shoes required. Please also bring a water bottle each day.
Instructor: Amanda Darling
Date Information: Thursdays, 6:30 -7:15 PM
Session 1: January 14 —February 12
Session 2: March 4 - April 7
Cost: $45 Residents; $55 Nonresident
Age Requirements: Ages 18 and up
Location: Senior Center Dance Room, 10 Brainard St.

ADULT JAZZ FUNK

A dynamic and expressive dance experience centered on fluidity, confidence, and full-body movement.
Instructor: Rachel Antidormi
Date Information: Mondays, 7:15 - 8:30 PM
January 4 - March 1 (No 2/15) - 8 Weeks
Cost: $50 Residents; $60 Nonresidents
Age Requirements: Ages 18 and up
Location: Nathan Hale School, 37 Beech Drive

ADULT BALLET

The class encourages a calm and mindful approach to movement, creating space for dancers to reconnect with their bodies in a supportive environment.
Instructor: Rachel Antidormi
Date Information: Mondays, 6:15 - 7:05 PM
January 4 - March 1 (No 2/15)
Cost: $50 Residents; $60 Nonresidents –8 Weeks
Age Requirements: Ages 18 and up
Location: Nathan Hale School, 37 Beech Drive

CROCHETING

In the first class, you'll learn the basic crochet stitches and techniques you'll need. In the second class, you'll take the techniques you learned in Class 1 and put them into practice by creating your very own coffee cozy! Come learn, crochet, and create something you can enjoy every day
Everything is included! You'll receive a crochet hook, yarn, a cup, and complete directions.
Instructor: Valerie Long
Date Information: Saturdays, 10:00 AM - 12:00 PM
December 5 - December 12
Cost: $35 Residents; $45 Nonresidents
Age Requirements: All Ages
Location: Community Center, 1 Recreation Way

INTRO TO IMPROV COMEDY (AND A LITTLE WRITING)

Learn how to do long-form improv comedy, developing new characters, scenes, and realities from scratch. No experience necessary. We'll also talk about how improv can be used for writing and acting, and give you a chance to spin off some projects. Everyone will perform together at the end of eight weeks in a class show - you'll decide as a class if you want to do a full-on improv show, a rehearsed comedy show inspired by improv, or a variety show with a bit of both.
Instructor: David Iscoe
Date Information: Tuesdays, 6:00 - 8:30 PM
February 16 - April 6
Cost: $135 Residents; $145 Nonresidents
Age Requirements: Ages 18 and up
Location: Jennings School, 50 Mercer Street

ZUMBA WITH TERRY

Come away energized in this calorie-burning, high energy workout of fun, easy-to-follow dance moves to Pop, Latin, and a variety of international rhythms. Previous experience in dance or aerobics is helpful, but not essential. Each Zumba® class combines elements of cardio, muscle toning, balance and flexibility, and may occasionally have a song in the routine for strength training, using light hand weights or stretch bands. Join in the Zumba® dance fitness fun and see why everyone calls it "exercise in disguise"!
Silver Sneakers Eligible
Instructor: Terry Weiss
Date Information: Tuesdays, 5:30-6:30 PM
Session 1: January 5 - February 9
Session 2: February 23 - March 30
Cost: $40 Residents; $50 Nonresidents; $0 Silver Sneakers
Age Requirements: Ages 18 and up
Location: Nathan Hale School, 37 Beech Drive

ZUMBA WITH MARIA

Dance. Sweat. Feel the beat!
A high-energy Zumba class featuring intense cardio and exciting rhythms including Afrobeats, Reggaeton, Salsa, Merengue, Bachata, Brazilian Funk and Cumbia. With easy to follow, modified choreography, it's a fun and energetic workout for all ages and fitness levels!
Instructor: Maria Roy
Date Information: Mondays 6:30 - 7:30 AM
Cost: $40 Residents; $50 Nonresidents; $0 NLCRC Member
Age Requirements: Ages 16 and up
Location: Community Center , 1 Recreation Way

CHAIR EXERCISE CLASS - ROCK WHAT YOU'VE GOT

Is a low impact class performed while seated. We will incorporate aerobics, strength, and stretching. We will use various equipment at times to build on cardiovascular health, strength, balance, and flexibility
Instructor: Mellisa Chupka
Date Information: Mondays, 4:30 - 5:30 PM
Session 1: December 14 - February 2
Cost: $50 Residents; $60 Nonresidents
Age Requirements: Ages 18 and Up
Location: Jennings School, 1 Recreation Way

LINE DANCE CLASS

A choreographed exercise class where you will learn to line dance! Steps will be broken down and introduces 8 simple counts at a time. Repetition and muscle memory will be your friend. Line dances will be danced to various styles of music. This class is designed specifically for beginners. No experience necessary!
Instructor: Mellisa Chupka
Date Information: Wednesdays, 10:00 - 11:00 AM
Session 1: December 16 - January 20
Cost: $40 Residents; $50 Nonresidents
Age Requirements: Ages 18 and up
Location: Jennings School, 50 Mercer Street

DANCE FITNESS WITH BYANKA

ALL GENRES, ALL LEVELS, ALL FUN!! Come dance to all genres of music, taught in levels so everyone can move at their own pace and get a great workout! No dance experience needed - just bring your energy, have fun, and get ready to SWEAT, SMILE & MOVE
Instructor: Byanka Goode
Date Information: Saturdays, 9:15 - 10:15 AM
Session 1: December 5 - January 9
Session 2: January 16 - February 20
Cost: $40 Residents; $50 Nonresidents; $20 NLCRC Members
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

COMMIT SCULPT

ALL GENRES, ALL LEVELS, ALL FUN!!
Come dance to all genres of music with easy to follow choreography taught in levels so everyone can move at their own pace and get a great workout!
No dance experience needed - just bring your energy, have fun, and get ready to SWEAT, SMILE & MOVE
Instructor: Byanka Goode
Date Information: Thursdays, 5:00 - 6:00 PM
Session 1: December 3 - December 17
Session 2: January 14 - February 18
Cost: $20 Res.; $30 Nonres., NLRC Mem. $10- Session 1
$40 Residents; $50 Nonresidents, NLRC Mem. $20-Session 2
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

CIRCL MOBILITY

CIRCL Mobility is a functional movement program created by Zumba that focuses on flexibility, breathwork, and mobility exercises. It helps release stress, restore range of motion and renew your body's ability to move better and longer
Instructor: Byanka Goode
Date Information: Thursdays, 6:00 - 7:00 PM
Session 1: December 3 - December 17
Session 2: January 14 - February 18
Cost: $20 Res.; $30 Nonres., NLRC Mem. $10- Session 1
$40 Residents; $50 Nonresidents, NLRC Mem. $20-Session 2
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

MILLENNIUM MOMENTUM - STRENTH & SWEAT

Designed for busy people, Millennium Momentum blends high energy cardio intervals with athletic strength training while using dumbbells & resistance bands. Sculpt muscle & improve your overall health while vibing out to a heavyweight Y2K playlist featuring the absolute best of the 2000s pop, hip-hop, and rock. All fitness levels are welcome. Get ready to sweat and sing-along
Instructor: Taylor Kelsey
Date Information: Mondays, 6:00 - 7:00 PM
Session 1: December 7 - January 11
Session 2: January 18 - February 22
Cost: $40 Residents; $50
Age Requirements: Ages 16 and up
Location: Jennings School, 50 Mercer Street

MINI & ME PILATES

Prioritize your movement & bond with your baby in a supportive, low-impact environment. Designed for moms at all postnatal stages, Mini & Me Pilates blends restorative core strengthening with gentle posture-focused Pilates routines while baby-wearing or keeping them close by. Sculpt your body & rebuild core control while giving yourself dedicated time to focus on your strength and well-being. All fitness levels are welcome, and modifications are always provided. Get ready to move and connect with other moms!
Instructor: Taylor Kelsey
Date Information: Saturdays, 11:15 AM - 12:15 PM
Session 1: December 5 - January 9
Session 2: January 16 - February 20
Cost: $40 Residents; $50
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

YOGA WITH BRONWYN

Each class is comprised of a unique yoga routine made up of classic yogic poses, asanas, that balance strengthening, stretching, and relaxation.
Instructor: Bronwyn Hughes
Date Information: Wednesdays, 5:30 - 6:30 PM
Session 1: January 13 - February 17
Session 2: March 3 - April 7
Cost: $45 Residents; $55 Nonresidents
Age Requirements: Ages 18 and up
Location: Nathan Hale School, 37 Beech Drive

VINYASA YOGA WITH LISA

Vinyasa Yoga is a flow from one asana (pose) to the next and it moves along faster, gets the heart rate up, therefore more invigorating. It builds heat in the body and boosts energy. Sun Salutations A and/or B might be incorporated. Lisa's signature Vinyasa style also introduces elements of yoga history/philosophy, singing bowls and mindfulness.
Instructor: Lisa Sanders
Date Information: Tuesdays; 8:00 - 9:00 AM
Session 1: December 1 - January 5
Session 2: January 12 - February 16
Cost: $40 Residents; $50 Nonresidents, $0 NLCRC Members
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

HATHA YOGA WITH LISA

Hatha Yoga pairs mindful movement with breathwork for balance, strength and stability. This does include a Sun Salutation like Vinyasa Yoga, but it is a slower paced movement and not a flow. Lisa's signature Hatha style also introduces elements of yoga history/philosophy, singing bowls and mindfulness. Hatha is excellent for beginners taking yoga and for those that prefer a slower more intentional pace than Vinyasa Yoga.
Instructor: Lisa Sanders
Date Information: Tuesdays 7- 8 AM; Wednesdays 1 - 2 PM
Session 1: December 1 - January 6
Session 2: January 12 - February 19
Cost: $40 Residents; $50 Nonresidents;
$20 NLCRC Members (Tue.) $0 NLCRC Members (Wed. ONLY)
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

FLOW YOGA
This Vinyasa style class will combine breath and a continuous flow of movement through the poses. Will conclude with deeper asanas and relaxation.
Instructor: NLCRC Staff
Date Information: Mondays and Wednesdays, 7:45 - 8:45 AM or 4:00 - 5:00 PM; Mondays, Wednesdays, and Fridays, 4:00 - 5:00 PM, Saturdays 9:15 - 10:15 AM
Session 1: December 2 - January 11
Session 2: January 12 - February 22
Cost: $40 Residents; $50 Nonresidents - for 6 classes
NLCRC Members Reg @ NLCRC for $0
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

BOOT CAMP
An intense mix of aerobic, strength training and speed elements within each class session. Expect to do calisthenics — such as, pushups, squats, lunges and crunches.
Instructor: NLCRC Staff
Date Information: Mondays 10:30 - 11:30 AM, Thursdays 4:00 - 5:00 PM, Fridays 9:00 - 10:00 AM, and Saturdays 8:00 - 9:00
Session 1: December 3 - January 11
Session 2: January 14 - February 22
Cost: $40 Residents; $50 Nonresidents - for 6 classes
NLCRC Members Reg @ NLCRC for $0
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

CORE EXPRESS
Strengthen and sculpt your midsection in just 30 minutes! You'll target your abs, obliques, and lower back through a mix of mat work, dynamic movements, and functional core training.
Instructor: NLCRC Staff
Date Information: Mondays, Wednesdays, and Fridays, 12:00 - 12:30 PM, Tuesdays 10:15 - 10:45 AM
Session 1: December 2 - January 11
Session 2: January 12 - February 22
Cost: $40 Residents; $50 Nonresidents - for 6 classes
NLCRC Members Reg @ NLCRC for $0
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

SENIOR YOGA
This class offers a slower- paced yoga practice, with many modifications offered to suit all levels of practitioner (including beginners).
Instructor: NLCRC Staff
Date Information: Mondays, Tuesdays, & Fridays 2:00 - 3:00 PM
Session 1: December 2 - January 11
Session 2: January 12 - February 22
Cost: $40 Residents; $50 Nonresidents - for 6 classes
NLCRC Members Reg @ NLCRC for $0
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

YOGA SCULPT
Yoga Sculpt is designed to build muscular endurance, increase flexibility, and support overall fitness. Appropriate for all levels with modifications provided.
Instructor: NLCRC Staff
Date Information: Mondays 5:30 - 6:30 PM, Tuesdays & Thursdays 9:00 - 10:00 AM, Fridays 10:30 - 11:30 AM
Session 1: December 1 - January 11
Session 2: January 12 - February 22
Cost: $40 Residents; $50 Nonresidents - for 6 classes
NLCRC Members Reg @ NLCRC for $0
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

GENTLE YOGA
Gain flexibility, strength, and range of motion. Class moves at a slower pace to focus on individual needs and ranges of motion.
Instructor: NLCRC Staff
Date Information: Mondays 6:45 - 7:45 PM, Fridays 7:15 - 8:15 AM
Session 1: December 4 - January 11
Session 2: January 15 - February 22
Cost: $40 Residents; $50 Nonresidents - for 6 classes
NLCRC Members Reg @ NLCRC for $0
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

HIIT
Sculpt your core, legs, abs, and upper body with high intensity, multi-planar functional exercises designed to improve muscular strength and endurance, and build cardiovascular fitness.
Instructor: NLCRC Staff
Date Information: Tuesdays 4:00 - 4:45 PM, Wednesdays 10:30 -11:15 AM and 5:30 - 6:15 PM
Session 1: December 1 - January 6
Session 2: January 12 - February 17
Cost: $40 Residents; $50 Nonresidents - for 6 classes
NLCRC Members Reg @ NLCRC for $0
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

ZUMBA
Zumba combines Latin and international music and dance to create a dynamic calorie-burning form of workout.
Instructor: NLCRC Staff
Date Information: Tuesdays 7 - 8 PM, Wednesdays & Thursdays 6:45 - 7:45 PM, Fridays 6- 7 PM, and Saturdays 10:30 - 11:30 AM
Session 1: December 1 - January 6
Session 2: January 12 - February 17
Cost: $40 Residents; $50 Nonresidents - for 6 classes
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way
NLCRC Members Reg @ NLCRC for $0

SENIOR SOCIALS

SOCIAL HOUR
Join us for cards, scrabble, puzzles, and socializing
Date Information: Wednesdays & Fridays 10:30 - 11:30 AM
December 2 - on going
Cost: FREE
Age Requirements: Designed for Seniors, caregivers and family welcomed!
Location: Community Center, 1 Recreation Way

KEEP AN EYE OUT FOR MORE SILVER SNEAKER

PICKLEBALL 101

This introductory single session is a fun, fast-paced entry into one of the country's most popular paddle sports, blending simple fundamentals with plenty of active play. Participants learn the essentials—grip, footwork, scoring, court positioning, and basic shots like the serve, dink, volley, and groundstroke—while building confidence through guided drills and friendly games.
Instructor: Theresa Tuthill
Date Information: Wednesdays, 5:30 PM - 7:00 PM
Session 1: December 9
Session 2: February 3
Cost: $20 Residents; $25 Nonresidents
Age Requirements: 16 and up
Location: Jennings School, 50 Mercer Street

PICKLEBALL BEYOND BEGINNER

This 5 session course builds on foundational skills and strategies needed to compete in Pickleball at the intermediate level. Participants refine core techniques—serves, returns, dinks, volleys, blocks, resets, and third shot drops—while learning how to control pace and place the ball with intention. Through structured drills, and coached gameplay, players strengthen court awareness, minimize coverage gap in doubles, and practice point building tactics.
Instructor: Theresa Tuthill
Date Information: Wednesdays, 5:30 - 6:30 PM
Session 1: December 16 - January 13
Session 2: February 10 - March 10
Cost: $40 Residents; $50 Nonresidents
Age Requirements: 16 and up
Location: Jennings School, 50 Mercer Street

PICKLEBALL LEAGUE

Date Information: Mondays, 5:30 - 7:00 PM
Session 1: December 7 - January 11
Session 2: January 18 - Feb 22
Cost: $30 Residents/Nonresidents; $15 NLCRC Members
Age Requirements: Ages 18 and up
Location: Community Center, 1 Recreation Way

OPEN GYM

PICKLEBALL OPEN GYM/INTERMEDIATE PLAY

Open Pickleball is run through TeamReach app, however all TeamReach members need to be registered through the Recreation Dept. Join the Open Pickleball program (for free). www.newlondonrec.com
Date Information: Sunday through Saturday, December 1 - ongoing
Mondays 8-11 AM and 5:30 - 7:00 PM; Open Play
Tuesdays 7 - 9 AM Open Play; 9-11 AM; Intermediate play; (5-7 PM NLCRC Members ONLY)
Wednesdays 7 - 9 AM Open Play; 9-10:30 AM and 10: 30 -12 PM Intermediate play; 5-7 PM Open Play
Thursdays 7-9 AM Open Play; 9-11 AM Intermediate, 5:30-7 PM Open Play
Fridays 7 - 9 AM Open Play; 9-10:30 AM and 10: 30 -12 PM Intermediate play; (3-6 PM NLCRC Members ONLY)
Saturdays 9-11 AM Open Play
Sundays 9-10:30 AM Open Play; 10:30 - 12 Intermediate Play
Register at www.newlondonrec.com and then select a time and date on Team Reach.
TeamReach: *Group* - New London Recreation *Code* - 06320
Cost: You can purchase a $25 or $50 punch card at www.newlondonrec.com, good for 5 or 10 sessions, $7 drop in good for 1 session. NLCRC Members are Free
Age Requirements: Ages 16 and up
Location: Community Center, 1 Recreation Way

WOMENS BASKETBALL - PICK UP

Date Information: Mondays, 7:15 - 9:00 PM
December 7 - on going
Cost: You can purchase a $25 or $50 punch card at www.newlondonrec.com, good for 5 or 10 sessions, $7 drop in good for 1 session. NLCRC Members are Free
Age Requirements: Ages 18 and up
Location: Community Center, 1 Recreation Way

OVER 35 BASKETBALL - PICK UP

Date Information: Tuesdays, 7 - 9 PM or Saturdays, 2 - 4 PM
December 1 - on going
Cost: You can purchase a $25 or $50 punch card at www.newlondonrec.com, good for 5 or 10 sessions, $7 drop in good for 1 session. NLCRC Members are Free
Age Requirements: Ages 35 and up
Location: Community Center, 1 Recreation Way

TEEN, HIGH SCHOOL, MIDDLE SCHOOL BASKETBALL - PICK UP

Date Information: December 1 - on going
Teens (ages 13-18) - Mondays and Wednesdays 2:30 - 4:45PM
Middle School (Grades 5-7) - Thursdays 2:45 - 4:45 PM
High School (Grades 8-12) - Fridays 6 - 8 PM
Cost: You can purchase a $25 or $50 punch card at www.newlondonrec.com, good for 5 or 10 sessions, $7 drop in good for 1 session. NLCRC Members are Free
Age Requirements: Teen (13-18 yrs. old), Middle School Basketball (Grades 5 -7), and High School (Grades 8 - 12)
Location: Community Center, 1 Recreation Way

OPEN BASKETBALL - PICK UP

Date Information: Sunday through Saturday, December 1 - ongoing
Mondays 11 AM - 1 PM and 7:15 - 9 PM, **Tuesdays**, 11 AM - 1 PM, **Wednesdays** 11 AM—1 PM and 6:30 - 9 PM, **Thursdays** 11 AM - 1 PM and 7- 9 PM, **Fridays** 11 AM - 1 PM, **Saturdays** 12 - 2 PM, and **Sundays** 11 AM - 1 PM
Cost: You can purchase a $25 or $50 punch card at www.newlondonrec.com, good for 5 or 10 sessions, $7 drop in good for 1 session. NLCRC Members are Free
Age Requirements: Ages 14 and up
Location: Community Center, 1 Recreation Way

FAMILY BASKETBALL - OPEN GYM

Date Information: Wednesdays, 5:30 - 6:30 PM or Sundays 9 - 11 AM
December 2 - on going
Cost: You can purchase a $25 or $50 punch card at www.newlondonrec.com, good for 5 or 10 sessions, $7 drop in good for 1 session. NLCRC Members are Free
Age Requirements: All ages with an adult present
Location: Community Center, 1 Recreation Way

ADULT SOCCER - PICK UP
Date Information: Sundays, 3 - 5 PM
December 5 - on going
Cost: You can purchase a $25 or $50 punch card at www.newlondonrec.com, good for 5 or 10 sessions, $7 drop in good for 1 session. NLCRC Members are Free
Age Requirements: Ages 18 and up
Location: Community Center, 1 Recreation Way

YOUTH SOCCER - PICK UP
Date Information: Saturdays, 11 AM - 1 PM
December 6 - on going
Cost: You can purchase a $25 or $50 punch card at www.newlondonrec.com, good for 5 or 10 sessions, $7 drop in good for 1 session. NLCRC Members are Free
Age Requirements: Ages 7 - 14
Location: Community Center, 1 Recreation Way

BATTING CAGES - PRACTICE
Date Information: Saturdays 1 - 4 PM and Sundays 12:30 - 2:30 PM
December 5 - on going
Cost: You can purchase a $25 or $50 punch card at www.newlondonrec.com, good for 5 or 10 sessions, $7 drop in good for 1 session. NLCRC Members are Free
Age Requirements: All ages, 14 and under with an adult
Location: Community Center, 1 Recreation Way

ADULT VOLLEYBALL - PICK UP
Date Information: Wednesdays 7 - 9 PM and Sundays 1-3 PM
December 5 - on going
Cost: You can purchase a $25 or $50 punch card at www.newlondonrec.com, good for 5 or 10 sessions, $7 drop in good for 1 session. NLCRC Members are Free
Age Requirements: Ages 18 and up
Location: Community Center, 1 Recreation Way

VOLLEYBALL - PICK UP
Date Information: Fridays, 6:00 - 8:00 PM
December 4 - on going
Register at www.newlondonrec.com and then select a time and date on Team Reach.
TeamReach: *Group* - New London Recreation Volleyball *Code* - 06320NLVB
Cost: You can purchase a $25 or $50 punch card at www.newlondonrec.com, good for 5 or 10 sessions, $7 drop in good for 1 session.
Age Requirements: Ages 15 and up
Location: Jennings School, 50 Mercer Street

COOKING CLASSES

INTERNATIONAL COOKING WORKSHOPS
For the food explorer within, these one-night cooking classes will dive into a different country and take you on an adventure with various flavors and textures.
Instructor: Erika Gradecki
Date Information: 6-7:30 PM
Lebanon: Tuesday, December 1
Italy: Tuesday, February 2
Cost: $35 Residents; $45 Nonresidents
Age Requirements: Ages 18 and up
Location: Community Center Kitchen, 1 Recreation Way

ADULT 101 COOKING WORKSHOPS
A workshop series that gives a crash course into cooking!
Instructor: Erika Gradecki
Date Information: 6-7:30 PM
Soups 101: Tuesday, November 3
Gluten Free 101: Tuesday, January 26
Cost: $35 Residents; $45 Nonresidents
Age Requirements: Ages 18 and up
Location: Community Center Kitchen, 1 Recreation Way

KIDS COOKING WORKSHOPS
Instructor: Erika Gradecki
Date Information: 6:00 - 7:30 PM
Holiday Pies: Tuesday, November 24
Holiday Cookies: Tuesday, December 22
Churros Night: Tuesday, January 19
Valentine Surprise: February 9
Cost: $35 Residents; $45 Nonresidents
Age Requirements: Ages 5 - 17
Location: Community Center Kitchen, 1 Recreation Way

ADULT HOLIDAY WORKSHOP
Instructor: Erika Gradecki
Date Information: 6:00 - 7:30 PM
Holiday Pies: Tuesday, November 17
Cookie Making Workshop: Tuesday, December 15
Cost: $35 Residents; $45 Nonresidents
Age Requirements: Ages 5 - 17
Location: Community Center Kitchen, 1 Recreation Way

CHEF JUNIOR
Learn some tricks of the trade with a certified personal chef!
Instructor: Erika Gradecki
Date Information: Wednesdays
Session 1: TV & Movie Inspired Creations Part 6 - November 4 - November 25 5:30 - 6:30 PM or 6:30 - 7:30 PM
Session 2: Holiday Favorites Part 4 - December 2 - December 23 5:30 - 6:30 PM or 6:30 - 7:30 PM
Session 3: Souper Soups– January 20 - January 27 5:30-7:30 PM
Session 4: Comfort Food Parts 2– February 10 - 17 5:30-7:30 PM
Cost: $50 Residents; $60 Nonresidents
Age Requirements: Ages 5-17
Location: Community Center Kitchen, 1 Recreation Way

TEEN COOKING CLASSES
Instructor: Erika Gradecki
Date Information: 5:00 - 6:00 PM
Session 1: Tuesdays, November 3 - November 24
Session 2: Tuesdays, December 1 - December 22
Cost: $50 Residents; $60 Nonresidents
Age Requirements: Ages 12-17
Location: Community Center Kitchen, 1 Recreation Way

SPECIAL EVENTS

HOLIDAY HOOPLA!

Join us at the New London Community Center for a Holiday Festival featuring Horse Drawn Carriages, Holiday Crafts, Pictures with Santa, Cookie Decorating, food, games, and much more! Stay tuned for details at www.newlondonrec.com
Date Information: Sunday, December 20; 1:00-4:00 PM,
Cost: Free, Donations accepted toward our scholarship fund
Location: Community Center, 1 Recreation Way*

UNIFIED NIGHT

Join us for adaptive activities, sensory activities, time to play and more!
Date Information: Saturday, January 23, 6 - 9 PM
Cost: Free
Age Requirements: All Ages
Location: Community Center, 1 Recreation Way
Scan the QR Code to Register

5K BREW RUN

Date Information: Save the date! -Saturday, May 1, 2027
Cost: $30 5K Brew Run, $20 1 Mile Kids Root Beer Run
Location: Tox Brewing, 123 Bank Street, New London
Includes: Race Shirt
Ticket for free Slice of Pizza, Beer (21 and over) or Root Beer, provided in the registration fee.

REC THE NET—PICKLEBALL TOURNAMENT

Date Information: Sunday, November 15—Check in at 8:00am, Tournament starts at 9:00AM
Cost: $40 per team
Age Requirements: 16 and up
Location: Community Center, 1 Recreation Way
Proceeds from the tournament will support Recreation program scholarships for New London Residents

FIND YOUR FIT! - A 4 WEEK FITNESS DISCOVERY PROGAM!!!

Kick off the New Year with confidence! Join us for Find Your Fit, a welcoming 4-week program designed to help you discover the New London Community Recreation Center and begin your fitness journey. Explore the weight room, sample group fitness classes, meet our instructors, and discover activities that work for you. Whether you're brand new to fitness or getting back into a routine, this program is for you! Childcare is available, making it easier to take time for yourself. Register your child for the FREE program- **CURIOSITY CORNER (see page 8)** for childcare at the same time. It takes place in the Early Childhood Center- 1st floor.
Date Information: Tuesdays and Thursdays, 6 - 7 PM
January 5 - January 28
Cost: $40 Residents; $50 Nonresidents. $0 NLCRC Members
Age Requirements: 18 and Up
Location: Community Center, 1 Recreation Way








NEW LONDON
RECREATION
FIND YOUR FIT!
A 4-Week Fitness Discovery Program
New Year. New Experiences. New You.
4 Weeks
Twice Weekly
8 Sessions
Try Something New
Explore the Weight Room
Experience Fitness Classes
Meet Your Community
Childcare Available!

NEW LONDON YOUTH AFFAIRS

Mission: New London Youth Affairs is a youth Service Bureau which promotes positive outcomes for children, youth, and families by supporting a wide range of comprehensive services and collaborations.
All the following programs are offered free of charge:

EARLY CHILDHOOD FAMILY CENTER

Family series/resources are provided for children from birth to 5 years and their caregivers. The Family Center promotes child development skills, assistance accessing preschool slots, links to community services, developmental screening, free books, educational trips, parent mental health support workshops, and early childhood/family basic needs items.

WHALE'S TALES CHILDREN'S BOOK BANK & LITTLE FREE LIBRARIES

The book bank provides thousands of free books to youth, their families, and the community; and collaborates to implement literacy programs. Books and donations are welcome at the Community Center book bank, and Little Free Libraries at Bates Woods Park, Green Harbor Beach, Mahan Park, Jennings School, Calkins Park, & Stanton Building lawn.

DIAPER BANK

NLYA distributes diapers to enrolled families, packaged per individualized needs. New registrants can complete forms on the Youth Affairs website: www.newlondonyouthaffairs.org. Please call the diaper bank cellphone at 959-242-4818 with related questions. Office hours are Monday through Friday, 8:30am-4pm, for diapers, other distributions, and links to community resources.

COOL (CAREERS OF OUR LIVES)

COOL targets high school juniors and seniors for placement in post-secondary education/training, and/or employment/ apprenticeships. COOL assists with career and educational guidance, job seeking skills, portfolio development, driver's education support, and work based learning experiences including internships.

PARENT LEADERSHIP

This program offers an opportunity to strengthen parents'/ adults' skills to advocate for children in schools and the community. Free courses include childcare, meals, translation, transportation, and family supports. English and Spanish trainings include People Empowering People (PEP) and other skill building/education workshop opportunities.

CT YOUTH EMPLOYMENT & TRAINING PROGRAM

Provides short-term summer and school year employment, career pipeline opportunities, as well as long-term employability training for 14-24 year olds. Young people gain work experience, initiate career contacts, and improve marketable skills. Dozens of varied worksites and contributing employment partners benefit youth.

TEEN LINKS

Teen Links supports middle school and high school aged teens achieve academic and employment objectives. Skill growth is targeted via school year workforce/career readiness certification including first aid/CPR, employment placements, evidenced based curricula life skills series (Girls Circle). Let's Talk career/risk prevention/mental health sessions, basic needs support, and enhancement excursions.

NL COMMUNITY CONNECTIONS COALITION (NLCCC)

NLCCC functions as a consortium of New London area organizations, dedicated to preventing youth substance use/ risky behaviors and promoting health/mental health. Efforts include community education, skills development, and prevention initiatives.

YOUTH DIVERSON TEAM(YDT) AND SCHOOL ATTENDANCE PROMOTION

The JRB is a community based opportunity that diverts young people from the Juvenile Justice System and connects them with local services and resources to meet their needs and interests. Strategies are also implemented to promote school attendance and support FWSN (Families with Service Needs) youth, enhancing employment, academic, life skills, and health opportunities.

FAMILY/COMMUNITY EVENTS

Youth Affairs coordinates and partners to offer large scale family and community events, providing information and activities.



NEW LONDON
RECREATION
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