



# NEW LONDON RECREATION



FALL 2025



# CONNECT

1 RECREATION WAY, NEW LONDON, CT 06230 • 860-447-5230

NEW LONDON YOUTH AFFAIRS 860-442-4994

VISIT US ON THE WEB AT [WWW.NEWLONDONREC.COM](http://WWW.NEWLONDONREC.COM) • REGISTER ONLINE!

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## MESSAGE FROM THE DIRECTOR OF RECREATION

### DEAR FAMILIES AND FRIENDS OF THE NEW LONDON RECREATION DEPARTMENT,

As the leaves begin to turn and the crisp air of fall rolls in, we're excited to launch a brand-new season of programming here in New London!

This fall marks our first full season at the **New London Community Recreation Center**, and the energy is contagious. From youth programs and fitness classes to cultural workshops and community events, there's something for everyone inside this incredible new space.

But our commitment to the community doesn't stop there—we're continuing to offer programs throughout our city, utilizing the parks and school facilities that have long been the heartbeat of our recreation system. Whether it's after-school sports, enrichment programs, or family events at the parks, we're proud to provide opportunities in every corner of New London.

This season is about more than activities—it's about **connection, belonging, and growth**. We're creating safe, inclusive spaces where residents of all ages can learn, play, and thrive together.

Thank you to our outstanding staff, families, and partners who help bring our mission to life every day. Let's make this fall a season to remember.

See you at the Community Center—or in one of our many great parks and schools!

Warmly,

**Joshua Posey**  
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 STATEMENT

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 STATEMENT

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**

Recreation Office Moving to 1 Recreation Way, 8/12



# NEW LONDON CITY INFORMATION

## CITY COUNCIL

Efrain Dominguez Jr., President | Victoria Mueller | John D. Satti | Akil Peck | Jocelyn Rosario | Reona M. Dyess  
Jeffrey P. Hart, Parks & Recreation Commission Liaison  
Jennifer Startz, Administrative Assistant

## PARKS & RECREATION COMMISSION

Donna Bailey, Co-Chairperson | Norman Harrison Co-Chairperson | James Diaz-Saavedra | Benjamin Hyde | Christina Bliven | Ricky J. Free | James Singleton, Jr. | Alberto Garcia | Ricardo Pratts | Patrick Sheehan Gaumer | Carrie Sheridan | Michelle Johnson-Scovish, 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 Brososke, 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  
Tom Podeszwa, Aquatics & Recreation Coordinator  
Zach Morales, Park Ranger

## YOUTH AFFAIRS

Ellen Kleckner, Coordinator of Youth Services  
Cindy Alvarez, Teen Development & Employment Coordinator  
Tina Salcedo, Early Childhood & Family Program Leader  
Paola Cruz, Program Coordinator  
Jenny Alvarez, Program Assistant  
Nicole Broadus, Program Assistant  
Estefani Cruz, Program Assistant  
Maria Cortorreal, Program Coordinator  
Margaret Lancaster, Program Assistant  
Gail Palladino, Program Facilitator  
Rianna Rubino, Program Assistant  
Debra Sargent, Program Assistant

## CITY YOUTH SPORTS LEAGUES

### NEW LONDON YOUTH SOCCER CLUB

Clare DePETER Powers, President  
nlscprez@gmail.com  
newlondon.cjsalive.org

### NEW LONDON LITTLE LEAGUE

Aimee Lee, President  
NLLLpresident@gmail.com  
Andria Fraser, Secretary  
860-333-2965  
newlondonlittleleague@gmail.com  
newlondonlittleleague.com

### NEW LONDON YOUTH FOOTBALL & CHEERLEADING

James Singleton, President  
860-625-5861  
newlondonyouthfootball@gmail.com  
nlyouthfootballleague.com

### NEW LONDON BABE RUTH

Anthony Lefleur, President  
413-626-9935  
Anna Stefanski, Player Agent  
860-705-3244

## 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

## YOUTH SPORTS REGISTRATION

### LITTLE LEAGUE

Girls Ages 4-16, Boys 4-13



SCAN ME

### BABE RUTH

Boys 13 -18



SCAN ME

### TRAVEL SOCCER

Girls and Boys Ages 8 - 14



SCAN ME

### REC SOCCER

Girls and Boy Ages 5-12



SCAN ME

### YOUTH FOOTBALL & CHEERLEADING

Girls Ages 6-17 and Boys Ages 5-14



SCAN ME

## 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](http://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 documentation has been provided.

## BEACH INFORMATION

### GREEN HARBOR BEACH

Address: Pequot Ave., New London

Access to the beach and parking are free. Parking lot located on the park side of the road as well as on street parking. Lifejackets for children to borrow while at the beach are available upon request- on a first come first serve basis.

Beach Open\*:

May 24- June 12, 2025

Saturday & Sundays ONLY: 10:00 AM – 6:00PM

June 13 – September 1, 2025

Monday - Friday: 9:00 AM – 5:00 PM

Saturday and Sundays: 10:00 AM – 6:00 PM

\*\*Holiday Hours: 9:00 AM – 6:00 PM

\*Hours are subject to change. In the event of severe weather, the beach will close.

## BEFORE CARE

### BEFORE CARE

New London Recreation in partnership with NLPS will offer care starting at 7AM at all 3 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, August-Jun monthly; 7:00 AM-start of school.

**Cost:** \$30 per week - payment plan offered - reserve your spot for the whole year and pay weekly.

**Age Requirements:** Grades PK-5

**Location:** Nathan Hale, Jennings, and Winthrop Elementary Schools

# AQUATIC PROGRAMS

## YOUTH SWIM LESSONS

Classes are in 6 levels. Please designate your level and time of choice during registration. Sunday classes. Baby and Me (ages birth to 3) and adult classes (age 15 and older) are offered under separate headings.

**Date Information:** Starts week of September 1. Visit [www.newlondonrec.com](http://www.newlondonrec.com) for specific schedules for each level

**Age Requirements:** Ages 4 –14

## 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:** Starts week of September 1. Visit [www.newlondonrec.com](http://www.newlondonrec.com) for specific schedules for each level

**Age Requirements:** 15 years and up

## 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:** Starts week of September 1. Visit [www.newlondonrec.com](http://www.newlondonrec.com) for specific schedules.

**Age Requirements:** Birth to 3

## 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:** Starts week of September 1. Visit [www.newlondonrec.com](http://www.newlondonrec.com) for specific schedules.

**Age Requirements:** Ages 3-5 years old

## MASTERS SWIMMING

Start your day strong with our Masters Swim Program! 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. While there is no hands-on coaching or instruction, participants will have the flexibility to complete the workout at their own pace.

**Date Information:** Mondays, Wednesdays, and Fridays, 5:30 - 7:00 AM or 7:15 - 8:45 AM

Sessions: Monthly starting September 3

**Cost:** \$50 Residents; \$55 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** Community Center, 1 Recreation Way\*

## PRIVATE SWIM LESSONS

Private 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. During this session, the instructor will assess the swimmer's skill level, discuss goals, and determine the most effective lesson plan. Based on the evaluation, the student

will be paired with one of our certified instructors best suited to their needs. Private lessons are ideal for swimmers of all ages and abilities who prefer individualized attention and a customized learning experience. **Call 860-447-5230 to schedule your evaluation.**

## SWIM TEAM (AGES 6-15)

Our Swim Team program is designed for young athletes ages 6 –15 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—all while building confidence in the water.

**Prerequisite:**

All participants must be able to swim 50 yards (down and back) unassisted and without stopping.

Swimmers will be divided into groups based on age to ensure appropriate training and coaching. Practices will focus on improving technique across all four competitive strokes, building endurance, and introducing elements of competition in a supportive and encouraging setting.

**Instructor:** Recreation Department Staff

**Date Information:** Mondays, Wednesdays, and Fridays, September through May

Ages 6-9; 7:00-7:45 PM Ages 10 - 15; 7:00 - 8:30 PM

**Cost:** \$99 per month Ages 6-9; \$120 per month Ages 10 -15

**Age Requirements:** Ages 6-9, Ages 10 - 15

**Location:** Community Center, 1 Recreation Way\*

## AQUATIC INTERVALS

In water, cardio and strength training performed in intervals and at different intensities

**Instructor:** Cindy Lohr

**Date Information:** Wednesdays, 10:00 - 10:45 AM

Session 1: September 10 - October 15

Session 2: October 29 - December 3

**Cost:** \$55 Residents; \$65 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** Community Center, 1 Recreation Way\*



Making a splash with every lesson! Dive into fun and learning at our adult, youth, baby, preschool group lessons, and **Now Private Lessons**. Join us today and turn every swim into a stroke of brilliance! All lessons are the Community Center (No membership required). Fee: \$65 Residents; \$75 Nonresidents for Group Lessons

860-447-5230 [WWW.NEWLONDONREC.COM](http://WWW.NEWLONDONREC.COM)



ENROLL NOW

## SWIM LEVEL DESCRIPTIONS LOCATED ONLINE

\*Membership not required.

## SURF & TURF WITH RACHEL

Surf & Turf is a 60-minute moderate intensity exercise suitable for all ages. We spend half of the class exercising on the deck of the pool and the other half in the pool. Although the class is cardio intensive it takes a more athletic approach to water fitness! Intensity is adjustable to the participant.

**Instructor:** Rachel Smith

**Date Information:** Fridays, 10:30 - 11:30 AM

Session 1: September 12 - October 17

Session 2: October 31 - December 12 (No class 11/28)

**Cost:** \$55 Residents; \$65 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** Community Center, 1 Recreation Way\*

## SURF & TURF WITH CINDY

On deck, and in the water, we will work out all those muscles whether using the resistance of the water, body weight, or equipment while getting that heart rate up for a fun and varied workout.

**Instructor:** Cindy Lohr

**Date Information:** Mondays, 5:30 - 6:30 PM

Session 1: September 8 - October 13

Session 2: October 27 - December 1

**Cost:** \$55 Residents; \$65 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** Community Center, 1 Recreation Way\*

## WATER AEROBICS

Make a splash while getting fit! Water aerobics is a low-impact, high-energy workout designed for all fitness levels. The class combines cardiovascular conditioning, strength training and flexibility using the resistance of the water. This class will help you improve endurance, tone muscle and reduce joint stress!

**Instructor:** Rachel Smith

**Date Information:** Tuesdays, 6:00 - 7:00 PM

Session 1: September 9 - October 14

Session 2: October 28 - December 2

**Cost:** \$55 Residents; \$65 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** Community Center, 1 Recreation Way\*

## 5K BREW RUN

**Date Information:** Save the date! -Saturday, May 2, 2026

**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 by Tox Brewing

## YOUTH CAMPS

### PRESCHOOL CAMP DAYS

Participants will have the opportunity to make new friends, learn new skills, and get some exercise. Each day a snack is provided, book, gross motor, fine motor, sensory  
**Participants must be potty trained.**

**Instructor:** Rianna Rubino

**Date Information:** 9:00 AM - 12:00PM

Session 1: October 13 - Nature's Little Explorers

Session 2: November 4 - Night Owls and Friends

Session 3: November 11 - Thankful for You

**Cost:** \$35 Residents; \$40 Nonresidents

**Location:** Harbor School, 432 Montauk Ave.

### YEAR ROUND CAMP

Join us for the two week break when year round school is off! We will provide swimming lessons, free swim, games, group activities, arts and crafts, food, and activities to keep busy. The program will take place in Community Center (no membership is required) and is open to all children in the year round program. The program runs 8:00AM-3:00 PM.

**Instructor:** Recreation Department Staff

**Date Information:** 8:00 AM - 3:00PM

Session 1: October Break; Oct. 14 - 17 & Oct. 20 - 24 - Can register for one or two weeks

**Cost:** \$140 per week

**Location:** Community Center, 1 Recreation Way\*

## YOUTH ENRICHMENT & DANCE

### FALL RECREATION SOCCER LEAGUE

New Coed Recreational Soccer League will focus on developing skills, fair playing time for all, teamwork, leadership, sportsmanship, and having fun! Season begins August 13. Games begin early September.

**Date Information:** Registration Deadline - August 1

1 practice during the week (Wednesdays) and 1 game on Saturday morning; 10-week program; 8 games total

**Cost:** \$50 Residents; \$60 Nonresidents

A \$5 late fee begins August 2

**Age Requirements:** Ages 5-6, 8-9, 10-12

**Locations:** Calkins Park, Crescent Street

**Coaches needed-** Email

sbousquet@newlondonct.org or call 860-447-5230

**New to soccer?** New London residents can scan the QR code to register for free! Once the voucher is approved, we will send you a code to register.



SCAN ME

### PRESCHOOL SPORTS

Parent and child classes focus on sport specific skills. Throwing, hitting, catching, kicking, running, etc. will be the skills parents will do with their child. *Fall- Outdoor soccer, Late Fall- Indoor Soccer, Winter- Indoor Basketball, Spring- T-ball*

**Instructor:** Recreation Department Staff

**Date Information:** Wednesdays, 5:30 - 6:30 PM

Outdoor Soccer: September 10 - October 15

Indoor Soccer: October 29 - December 10 (no class 11/26)

**Cost:** \$40 Residents; \$50 Nonresidents

**Age Requirements:** Ages 3-5

**Location:** BP Learned, 40 Shaw St.



## 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. Training is traditional encompassing the refinement of technique, hyung (forms) and dae ryan (sparring). Additional \$30 at end of class to be tested for belt.

**Instructor:** Roberto Padua

**Date Information:** Tuesdays AND/OR Thursdays  
September 16 - December 4 (No class 11/11 and 11/27)  
Dragons: 6:00-6:30 PM, Beginner 6:30 - 7:30 PM, Intermediate 7:30 - 8:30 PM

**Cost:** \$80 Residents; \$90 Nonresident 2 x Week  
\$55 Resident; \$65 Nonresident 1 x Week

**Age Requirements:** Dragons: Ages 7-8, Beginner and Intermediate 9 and older

**Location:** BP Learned, 40 Shaw St.

## FUTSAL/INDOOR SOCCER

A type of indoor soccer played on a gym floor. Participants will learn individual and team soccer skills.

**Instructor:** Recreation Department Staff

**Date Information:** Wednesdays, November 5-December 10  
Ages 6-8: 5:30-6:30 PM Ages 9-10: 6:30 - 7:30 PM

**Cost:** \$40 Residents; \$50 Nonresidents

**Age Requirements:** Ages 6-8, Ages 9-10

**Location:** Jennings School, 50 Mercer St.

## BALLET

Class will focus on the basic ballet skills which includes ballet positions, the students' awareness of proper body alignment, flexibility, balance, and self-confidence.

**Instructor:** Amanda Darling

**Date Information:** Tuesdays, 4:30 - 5:15 PM

Session 1: September 9 - October 28

Session 2: November 18 - January 6

**Cost:** \$45 Resident; \$55 Nonresident

**Age Requirements:** Ages 4-17 years old

**Location:** Senior Center Dance Room, 10 Brainard St.

## RHYTHM & SYNC TAP

Beginner and intermediate tap dance lessons. Tap shoes required. Please also bring a water bottle each day.

**Instructor:** Amanda Darling

**Date Information:** Tuesdays and Thursdays, 5:30 - 6:15 PM

Session 1: September 9 - October 30

Session 2: November 18 - January 20 (No 11/27, 12/25, & 1/20)

**Cost:** \$55 Residents; \$65 Nonresidents

**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: September 21 - October 28

Session 2: November 18 - December 23

**Cost:** \$60 Residents; \$70 Nonresidents

**Age Requirements:** Ages 10-17

**Location:** Senior Center Dance Room, 10 Brainard St.

## TINY TUMBLERS (GYMNASTICS)

Introduction to basic gymnastic skills. Utilizing gymnastics apparatus including the beam, junior bars, vaulting, and floor tumbling.

**Instructor:** Cindy Lohr

**Date Information:** Tuesdays, 4:30-5:15 PM OR 5:15 - 6:00 PM

Session 1: September 9 - October 14

Session 2: October 21 - November 25

**Cost:** \$45 Residents; \$55 Nonresidents

**Age Requirements:** Ages 4-6

**Location:** New London Community Center, 1 Recreation Way\*

## 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.

**October 24:** Costumes and Halloween Games

**December 12:** Holiday and Dance Party

**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:** BP Learned, 40 Shaw St.

## SUPER SATURDAY

A weekly Saturday program where kids spend time with friends, explore activities, go on field trips, play group games and much more! Lunch is provided. 6 weeks- Trips to New England Science and Sailing and the Corn Maze!

**Date Information:** Saturdays, September 20- October 25  
10:00 AM - 2:00PM

**Cost:** Residents \$50; Nonresidents \$60

**Age Requirements:** Ages 6-10

**Location:** BP Learned, 40 Shaw St.

## HIGH SCHOOL & MIDDLE SCHOOL NIGHT OUT @NLCRC

**Hey Teens!** Ready to level up your Saturday night? We've got the ultimate hangout spot waiting for YOU! The whole community center reserved for YOU!

- Live DJ & Music: Drop the beat, dance it out, or just vibe with your crew
- Snacks & Pizza – Because no one can party on an empty stomach. (Who can resist pizza?)
- Swim Zone: Cool off or play pool games during an hour of open swim.

Open gym! Basketball, volleyball, etc. What's your game?

**Date Information:**

Sat., Sept. 27- High School- Grades 9-12

Sat., Oct. 25- Middle School Grades 6-8

Sat., Nov. 22- High School- Grades 9-12

**Time:** 6:00-10:00 PM

**Cost:** FREE, bring your student ID

**Location:** NL Community Recreation Center, 1 Recreation Way

**Sign up:** New London Recreation Department website. Bring your energy, your sense of humor, and maybe a friend who can dance better than you (for backup).

## CLAYTASTIC

Lets create a world out of clay! Using air dry clay we will create our own unique pieces. Each week will be a hands-on experience adding pieces to the clay world.

**Instructor:** Rianna Rubino

**Date Information:** Tuesdays, 6:00 - 7:15 PM

Session 1: September 9 - October 14

Session 2: October 28 - December 9 (No class 11/11 & 11/25)

**Cost:** \$45 Residents; \$55 Nonresidents

**Age Requirements:** Ages 5 - 10

**Location:** Harbor School, 432 Montauk Ave.

## S.T.E.A.M LAB

Put your thinking caps on and meet us in the curiosity corner. We will explore the world of S.T.E.M and ask ourselves the questions "why" and "how". We will explore and experiment in a hands on manner encouraging exploration and problem-solving. Each week the children will get to build, invent, test or investigate different projects and experiments.

**Instructor:** Rianna Rubino

**Date Information:** Thursdays, 6:00 - 7:15 PM

Session 1: September 4 - October 9

Session 2: October 28 - December 9 (No class 11/11 & 11/25)

**Cost:** \$45 Residents; \$55 Nonresidents

**Age Requirements:** Ages 5 - 10

**Location:** Harbor School, 432 Montauk Ave.

## YOUNG READERS BOOK CLUB

Let's jump into a book and bring it to life!

An interactive story time that engages the children. We will use props, vocal and physical responses, sound effects and movement. Grab a chair and Let's see what adventure the book will take us on. After the story enjoy a snack and activity.

**Instructor:** Rianna Rubino

**Date Information:** Sundays, 3:30 - 4:30 PM

**Cost:** \$45 Residents; \$55 Nonresidents

**Age Requirements:** Ages 2 - 6

**Location:** Harbor School, 432 Montauk Ave.

## CONSTRUCTION SITE - POP UP

*Bulldozers, dump trucks, excavators oh my!*

Put your hard hat on and be the Foreman of your own construction site. Gather your crew and get to work there is a lot to be done. Your site needs to be prepped, excavated and foundation work needs to be done. We'll be hard at work putting our site together. At the end of class you will get to take your site home.

**Instructor:** Rianna Rubino

**Date Information:** Saturday, September 13, 2:30 - 4:00 PM

**Cost:** \$20 Residents; \$25 Nonresidents

**Age Requirements:** Ages 2 - 6

**Location:** Harbor School, 432 Montauk Ave.

## MESSY MASTERS ART CLASS

Let's get messy!! Who wants to finger paint of spread shaving cream over their paper? We will fully immerse ourselves in our art. We will be exploring different materials and textures to cover our paper and create our masterpiece.

**Instructor:** Rianna Rubino

**Date Information:** Mondays, 10:00 - 11:00 AM

Session 1: September 8 - October 6

Session 2: October 27 - November 24

**Cost:** \$35 Residents; \$45 Nonresidents

**Age Requirements:** Ages 2 - 6

**Location:** Harbor School, 432 Montauk Ave.

## BOWLING

Learn the Sport, this is a introductory program that focuses on teaching the fundamentals of bowling to youth athletes before graduating into a competitive league. Learning everything from bowling etiquette to a four-step approach.

**Instructor:** United States Coast Guard Instructor

**Date Information:** Mondays, 5:00 - 6:00PM

Session 1: September 15 - November 10 (No class 10/13)

**Cost:** \$60 Residents; \$70 Nonresidents

**Age Requirements:** Ages 10 -16

**Location:** United States Coast Guard , 31 Mohegan Ave Pkwy.

## THEATER

A fun and creative acting experience starting with basic voice and movement then moving into scene acting. Participants will work on acting, artwork, set and prop creation, and stage management. The class will culminate in a full production.

**Instructor:** Mark LaPietra

**Date Information:** Mondays and Thursdays, 6:30 - 8:00 PM

Session 1: September 8 - November 3 (No class 10/13)

**Cost:** \$120 Residents; \$130 Nonresidents

**Age Requirements:** Ages 9 - 11

**Location:** BP Learned, 40 Shaw St.

## GOLF

Learn the basics of putting, chipping, and driving.

**Instructor:** Mark LaPietra

**Date Information:** Mondays, 5:00 - 6:00 PM

Session 1: September 8 - October 20 (No class 10/13)

Session 2: November 3 - December 8

**Cost:** \$45 Residents; \$55 Nonresidents

**Age Requirements:** Ages 9 - 13

**Location:** BP Learned, 40 Shaw St.

## INFANT MASSAGE CLASS

This program will teach a massage routine for their child that would aide in developing relationships and bonding between infant and caregiver, help with healthy growth, development and digestion. Each week we add pieces to our routine that covers infants head to toe. The class also gives new caregivers a chance to share/swap stories and bond in the infant stage of parenthood.

**Instructor:** Aimee Wood

**Date Information:** Wednesdays, 5:30 - 6:30 PM

Session 1: September 24 - October 29

Session 2: November 12 - December 17

**Cost:** \$50 Residents; \$60 Nonresidents

**Age Requirements:** Birth to 12 months

**Location:** Nathan Hale School, 37 Beech Drive





# 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 New London teams will be playing other towns. Registration is open now! Practice begins November 19. Games begin December 6

**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 12/31/25

**Cost:** \$65 Residents; \$90 Nonresidents  
A \$5 late fee begins November 6

**Age Requirements:** Ages 8-9, 10-11, 12-15 as of 12/31/25

**Locations:** Girls travel to Groton, Ledyard, Preston, Montville, and Griswold \*subject to change - Practice at Community Center\*

**Coaches needed**– Email sbousquet@newlondonct.org or call 860-447-5230

## BOYS PRE-TEEN BASKETBALL LEAGUE

Games on weekends with practice during the week. New players are required to take part in an evaluation prior to practice. Registration begins October 1st! Practice begins week of December 1. Games begin weekend of December 13.

**Date Information:** Registration Deadline - November 13  
(Space limited following November 13)

Skill Evaluations: November 11 and 13 at Bennie Dover Middle School

**Cost:** \$65 Residents; \$90 Nonresidents

A \$5 late fee begins November 14

**Age Requirements:** 9-12 Ages as of 12/31/25

**Locations:** Bennie Dover Middle School, 36 Waller St.

**Coaches needed**– Email jposey@newlondonct.org or call 860-447-5230

## INSTRUCTIONAL BASKETBALL

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 with coaches on the court to provide assistance when necessary. All players will go through an evaluation. Registration open now! Practice begins December 8. 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 12/31/25; Girls Age 8 should register for the Girls Basketball League.

**Cost:** \$50 Residents; \$60 Nonresidents  
A \$5 late fee begins December 1

**Age Requirements:** Ages 7-8 as of 12/31/25

**Locations:** Jennings Elementary School, 5-0 Mercer St.

**NEW TO BASKETBALL?** New London residents can scan the QR code to register for free! Once the voucher is approved, we will send you a code to register.



**COMING IN DECEMBER! BOYS SENIOR LEAGUE (Ages 13-15), MUNCHKIN BASKETBALL (Ages 5-6)**

# COOKING

## 101 COOKING SERIES

A workshop series that gives a crash course in cooking!

September 9: Garnishes 101

November 4: Soups 101

**Instructor:** Erika Gradecki

**Date Information:** Tuesdays, 5:30-7:30 PM

**Cost:** \$35 Residents; \$45 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** Community Center, 1 Recreation Way

## 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.

October 7: Japan

**Instructor:** Erika Gradecki

**Date Information:** Tuesdays, 5:30-7:00 PM

**Cost:** \$35 Residents; \$45 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** Community Center, 1 Recreation Way\*

## KIDS COOKING WORKSHOPS

October 29: Halloween Candy Making

November 3: Holiday Pies

**Instructor:** Erika Gradecki

**Date Information:** 5:30-7:00 PM

**Cost:** \$35 Residents; \$45 Nonresidents

**Age Requirements:** Ages 5 - 17

**Location:** Community Center, 1 Recreation Way\*

## ADULT HOLIDAY WORKSHOPS

November 18: Holiday Pies

**Instructor:** Erika Gradecki

**Date Information:** Tuesdays, 5:30-7:00 PM

**Cost:** \$35 Residents; \$45 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** Community Center, 1 Recreation Way\*

## CHEF JUNIOR

Learn some tricks of the trade with a certified personal chef!

**Instructor:** Erika Gradecki

**Date Information:**

Session 1: Carnival Classics - September 10 - September 17

Session 2: Gamer Gourmet - October 8 - October 15

Session 3: TV & Movie Inspired Creations 4 - November 5 - November 12

Wednesdays: 5:30-7:30 PM

**Cost:** \$50 Residents; \$60 Nonresidents

**Age Requirements:** Ages 5-17

**Location:** Community Center, 1 Recreation Way

# ADULT ENRICHMENT & DANCE

## STAND UP COMEDY & WRITING

For all experience levels. Learn and practice the basics of stand-up comedy, from point of view and storytelling to the details of joke structure and set construction. Use storytelling, joke-writing, and observational comedy techniques to build a five-minute set to be performed at a class show. Class contains a mix of writing, performance, and study (watching comedy!).

**Instructor:** David Iscoe

**Date Information:** Tuesdays, 6:00 - 8:30 PM  
September 9 - October 28

**Cost:** \$135 Residents; \$145 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** BP Learned, 40 Shaw St.

## PICKLEBALL OPEN GYM

An opportunity for individuals to play pickleball indoors. Register for Open Gym at [www.newlondonrec.com](http://www.newlondonrec.com) is required in order to be approved on TeamReach App.

**Date Information:** Mondays, Wednesday, Thursdays, 5:30-7:00 PM, 7:00-8:30 PM.

**Register** at [www.newlondonrec.com](http://www.newlondonrec.com) and then sign up for a time and date on Team Reach.

**TeamReach:** Group - New London Recreation Code- 06320

**Cost:** \$5/session drop-in; \$30 punch card for 10 sessions

**Age Requirements:** Ages 16 and up

**Location:** Community Center, 1 Recreation Way\*

## IN THE CUT DANCE CLASS

Chicago-Style Stepping, (also know as Steppin') is an urban dance that originated in Chicago and continues to evolve while defining its unique style and culture within the context of mainstream Swing. Chicago-Style Stepping makes reference to other urban styles of dance found throughout the United States in urban enclaves such as Detroit, Cleveland, Baltimore, and Washington, D.C. The partner dance that began in Chicago during the big band era came from the east coast Swing dances the Jitter Bug and Lindy Hop. The course stops to celebrate Haitian & Latino Heritage by was of Salsa and Kompa.

**Instructor:** James Hodge

**Date Information:** Mondays, 6:15 - 7:45 PM  
Session 1: September 8 - October 20 (No class 10/13)  
Session 2: November 3 - December 8

**Cost:** \$45 Residents; \$55 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** BP Learned, 40 Shaw Street

## ADULT TAP DANCING

Adult tap is back! Tap shoes required. Please also bring a water bottle each day.

**Instructor:** Amanda Darling

**Date Information:** Thursdays, 6:30 PM - 7:15 PM  
Session 1: September 12 - October 30  
Session 2: November 13 - December 18

**Cost:** \$45 Residents; \$55 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** Senior Center Dance Room, 10 Brainard St.

## BOOT CAMP

A full body circuit class hitting all muscle groups using different techniques each time. For all ages and exercise abilities as each exercise can be altered for your body.

**Instructor:** Rachel Smith

**Date Information:** Thursdays, 6:00 - 7:00 PM

Session 1: September 12 - October 16

Session 2: October 30 - December 11 (No class 11/27)

**Cost:** \$45 Residents; \$55 Nonresidents

**Age Requirements:** Ages 16 and up

**Location:** Community Center, 1 Recreation Way\*

## YOGA WITH RACHEL

A rejuvenating gentle flow yoga suitable for all ages and levels. Together using mindful movements and breath awareness we will help to build your strength, flexibility and balance.

**Instructor:** Rachel Smith

**Date Information:** Saturdays, 9:00 -10:00 AM

Session 1: September 12 - October 18

Session 2: November 1 - December 6

**Cost:** \$45 Residents; \$55 Nonresidents

**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. The practice is intended to enhance mental and physical health through attentiveness and ease during activity and rest. No prior experience is required as the classes are designed to simultaneously appeal to wide range of experience levels, but with each student receiving tailored attention as needed.

**Instructor:** Bronwyn Hughes

**Date Information:** Wednesdays, 5:30 - 6:30 PM

Session 1: September 3 - October 29 (No class 9/10 or 10/15)

Session 2: November 5 - December 17

**Cost:** \$50 Residents; \$60 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** Nathan Hale School, 37 Beech Drive

## ADULT CONTEMPORARY LYRICAL DANCE

A 90 minute adult contemporary/lyrical dance class. Previous dance experience helpful but not required. Class is designed for advanced beginner to intermediate students. Active clothing as well as ballet slippers, jazz shoes, OR dance sneakers are required.

**Instructor:** Sue Greenleaf

**Date Information:** Wednesdays, 5:30-7:00 PM

September 3 - November 5 (No Class 10/24)

**Cost:** \$50 Residents; \$60 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** Senior Center Dance Room, 10 Brainard St.

## WINTER VACATION CAMP

**REGISTRATION OPEN ONLINE!**

**DECEMBER 22, 23, 26, 29, 30 & JANUARY 2, 5, AND 6**

## ZUMBA

Give yourself the gift of dance + cardiovascular fitness! Each high-energy workout involves choreographed movements set to Latin-inspired rhythms (like Salsa, Merengue, Cumbia, and Flamenco), and international music (like Bhangra/Bollywood and Tango), to name a few. Throw in some Soul, Pop, or Swing and the class is rockin' it!

**Instructor:** Terry Weiss

**Date Information:** Tuesdays, 5:30-6:30 PM

Session 1: August 26 - September 30

Session 2: October 21 - November 25

**Cost:** \$45 Residents; \$55 Nonresidents

**Age Requirements:** Ages 18 and up

**Location:** Community Center, 1 Recreation Way\*

## INTERVAL TRAINING WITH RACHEL

Effective way to condition muscular and cardiovascular systems. Warm-up, then alternates between intermittent segments of cardio and muscular work. Balance and flexibility training is included. Intermediate level but can be adapted.

**Instructor:** Rachel Smith

**Date Information:** Fridays, 9:30 - 10:30 AM

Session 1: September 12 - October 17

Session 2: October 31 - December 12 (No 11/28)

**Cost:** \$45 Residents; \$55 Nonresidents

**Age Requirements:** Ages 16 and up

**Location:** Community Center, 1 Recreation Way\*

## CIRCUS CIRCUIT

A fun way to workout. Move through conditioning stations with bouts of cardio. For all levels.

**Instructor:** Cindy Lohr

**Date Information:** Mondays, 4:30-5:15 PM

Session 1: September 15 - October 20

Session 2: November 3 - December 8

**Cost:** \$45 Residents; \$55 Nonresidents

**Age Requirements:** Ages 16 and up

**Location:** Community Center, 1 Recreation Way\*

## SBF TRAINING

A class with lots of variety addressing the all important fitness components of strength, balance, flexibility.

**Instructor:** Cindy Lohr

**Date Information:** Thursdays, 4:30 - 5:15 PM

# EDUCATION & CERTIFICATIONS

## CPR/FIRST AID/AED - ADULT AND PEDIATRIC

The New London Recreation Department's 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. Each session is three, two-hour classes.

**Instructor:** Tommy Podeszwa

**Date Information:** Saturdays, 9:00 AM - 1:00 PM

Session 1: September 27

Session 2: October 18

Session 1: September 11 - October 16

Session 2: October 30 - December 4

**Cost:** \$45 Residents; \$55 Nonresidents

**Age Requirements:** Ages 16 and up

**Location:** Community Center, 1 Recreation Way\*

## SIT (SENIORS IN TRAINING)

An exercise class done in and around the chair with a variety of equipment to enhance muscle tone, strength, endurance, and balance. Perfect for older adults, those with health concerns or anyone new to exercise.

**Instructor:** Cindy Lohr

**Date Information:** Tuesdays and Fridays, 11:00 - 11:45 AM

Session 1: September 9 - October 17

Session 2: October 28 - December 9 (No class 11/28)

**Cost:** \$60 Residents; \$70 Nonresidents

**Age Requirements:** Ages 55 and up

**Location:** Community Center, 1 Recreation Way\*

## NOON BREAK

Short on time? This is the class for you! An express workout offering a variety of training modes to address the cardiovascular and muscular systems.

**Instructor:** Cindy Lohr

**Date Information:** Tuesdays and Fridays, 12:00 - 12:30 PM

Session 1: September 9 - October 17

Session 2: October 28 - December 9 (No class 11/28)

**Cost:** \$50 Residents; \$60 Nonresidents

**Age Requirements:** Ages 16 and up

**Location:** Community Center, 1 Recreation Way\*

## FITNESS FUSION

A mix of cardio, strength, balance, and flexibility training using different equipment and different styles of exercises from traditional yoga, Pilates and more.

**Instructor:** Cindy Lohr

**Date Information:** Thursdays, 9:30 - 10:30 AM

Session 1: September 11 - October 16

Session 2: October 30 - December 11 (No class 11/27)

**Cost:** \$45 Residents; \$55 Nonresidents

**Age Requirements:** Ages 16 and up

**Location:** Community Center, 1 Recreation Way\*

Session 3: November 22

**Cost:** \$75 Residents; \$85 Nonresidents

**Age Requirements:** Ages 15 and up

**Location:** New London Recreation Department, 111 Union St.

## 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.org](mailto:tpodeszwa@newlondonct.org)

**Lifeguard and Babysitting Certifications at**  
**[WWW.NEWLONDONREC.COM](http://WWW.NEWLONDONREC.COM)**





# 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 playgroup 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](http://www.newlondonyouthaffairs.org). Please call the diaper bank cellphone at 959-242-4818 with related questions. Open 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 Por Los Ninos (risk prevention, mental health prevention), and other skill building/educational workshop opportunities.

## CT YOUTH EMPLOYMENT & TRAINING PROGRAM (CYEP)

CYEP 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, life skills series (E3, Girls Circle, Boys To Men), 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.

## JUVENILE REVIEW BOARD (JRB), FWSN, 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.







PRSRT STD  
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**PAID**  
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Local  
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*Where education meets excitement! Our carefully crafted program is designed to inspire, engage, and empower your elementary aged child beyond the classroom. Care from afterschool until 5PM. Registration open for 25-26 school year!*

- ✓ **Busing school to community center**
- ✓ **Optional swim lessons**
- ✓ **Sports, Fitness, Enrichment activities**

This is program will provide activities Mon-Fri, afterschool, following the school calendar. Provided by New London Recreation @Community Center.



Contact Us  
 860-447-5230



Visit Our Website  
[www.newlondonrec.com](http://www.newlondonrec.com)



Our Location  
 1 Recreation Way, NL