



# NEW LONDON RECREATION

FALL 2026



SCAN ME



# CONNECT

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

NEW LONDON YOUTH AFFAIRS 860-442-4994

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## MESSAGE FROM THE DIRECTOR OF RECREATION

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

Dear Friends of the New London Recreation Department,

As summer comes to a close and the colors of fall begin to arrive, we are excited to welcome you to another season filled with opportunities to learn, play, and connect. Fall is a time for new beginnings, and our Recreation Department is proud to offer programs that bring families, neighbors, and friends together throughout our community.

This season, you'll find something for everyone from youth sports leagues, swim lessons, and fitness classes to after-school programs, special events, and family activities. Whether you're trying something new or returning to a favorite program, our goal is to provide safe, welcoming, and affordable opportunities for residents of all ages.

The New London Community Recreation Center continues to grow as a place where our community can come together. We remain committed to expanding programming, building partnerships, and creating spaces where every resident feels welcome. Recreation is more than sports and activities; it's about improving health, strengthening relationships, and creating lifelong memories.

I would like to thank our dedicated staff, volunteers,

community partners, and Recreation Commission for their continued support and commitment to serving New London. Your enthusiasm and hard work make these programs possible, and together we continue to build a stronger, healthier, and more connected community.

We look forward to seeing you this fall at the Community Recreation Center, in our parks, on our athletic fields, and at programs throughout the city.

Have a wonderful fall season—we can't wait to see you!

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**

# 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 | Christina Bliven | James Diaz-Saavedra | 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 Broszofske, 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 Coordinator  
Zach Morales, Park Ranger  
Andria Fraser, Program Director  
Rianna Rubino, Program Director

## YOUTH AFFAIRS

Cindy Alvarez, Coordinator of Youth Services  
Paola Cruz, Teen Development & Employment Coordinator  
Tina Salcedo, Early Childhood & Family Program Leader  
Jenesys Rodriguez, Program Assistant  
Estefani Cruz, Program Assistant  
Maria Cortorreal, Program Coordinator  
Nicole Broadus, 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  
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

### 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 the 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](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

## YOUTH SPORTS REGISTRATION

### LITTLE LEAGUE

Girls Ages 4-16, Boys 4-13



### BABE RUTH

Ages 12 – 18



### TRAVEL SOCCER

Girls and Boys Ages 8 - 14



### REC SOCCER

Girls and Boy Ages 5-12



### NL YOUTH FOOTBALL & CHEERLEADING

Girls Ages 6-17 and Boys Ages 5-14



### 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 PK-5

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

# AQUATIC PROGRAMS

## YOUTH SWIM LESSONS

Classes are in 6 levels. See website for descriptions..

**Date Information:** Scan QR Code 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:** Scan QR Code 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:** Scan QR Code 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:** Scan QR Code for specific schedules

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

**Locations:** Community Center Pool, 1 Recreation Way

**SWIM LEVEL DESCRIPTIONS LOCATED ONLINE**



## 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, September 26; 9:00 AM - 1:00 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.org](mailto:tpodeszwa@newlondonct.org)

## 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. 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

**Sessions:** Monthly

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

**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 6-15)

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.

**Prerequisites required, see website**

**Instructor:** Recreation Department Staff

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

**Ages 6-9; 7:00-7:45 PM** **Ages 10 - 15; Mon. 6:30-8pm, Wed. 7-8:30pm; Fri. 6:15-7:45pm**

**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

## YOUTH ENRICHMENT & DANCE



*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 5:30 PM.*

*Registration open for 26–27 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.

**860-447-5230**  
**1 Recreation Way**

# YOUTH ENRICHMENT & DANCE

## BALLET

**Instructor:** Amanda Darling

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

Session 1: August 25 - October 13

Session 2: October 27 - December 15

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

Early Pricing: Save \$10 when you register at least 3 weeks ahead of time (By August 4/October 6)

**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: August 25 - October 15

Session 2: October 27 - December 17

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

Early Pricing: Save \$10 when you register at least 3 weeks ahead of time (By August 4/October 6)

**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 8 - October 15

Session 2: October 27 - December 1

**Cost:** \$45 Residents; \$65 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.

**Instructor:** Cindy Lohr

**Date Information:** Tuesdays, 4:30 PM - 5:00PM OR 5:15 PM - 5:45 PM

Session 1: September 9 - October 13

Session 2: October 27 - December 1

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

**Age Requirements:** Ages 4-8

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

**Instructor:** Cindy Lohr

**Date Information:** Tuesdays, 6:00—6:45 PM

Session 1: September 9 - October 13

Session 2: October 27 - December 1

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

**Age Requirements:** Ages 5-10

**Location:** BP Learned, 40 Shaw 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 \$30 at end of class to be tested for belt.

**Instructor:** Roberto Padua

**Date Information:** Tuesdays

Session 1: September 1 - October 20

Session 2: October 27 - December 15

Dragons: 7:00-7:30 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:** BP Learned, 40 Shaw St.

## REC SOCCER - MLS GO

NEW MLS Go Recreational Soccer League.

10 Week Program; 8 games total

Coaches and referees can apply by emailing [sbousquet@newlondonct.gov](mailto:sbousquet@newlondonct.gov)

**Date Information:** Weekly practice on Wednesdays and a game on Saturday mornings.

**Evaluations:** August 12

Season begins August 13. Games begin early September

**Cost:** \$15 Residents; \$25 Nonresidents

**Age Requirements:** Divisions will be coed and divided by age. 5-6, 7-9, 10-12 yrs old.

**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 the QR Code:**



## FUTSAL/INDOOR SOCCER

A type of indoor soccer played on a gym floor.

**Instructor:** Recreation Department Staff

**Date Information:** Wednesdays

Session : November 4 - December 16 (No Class 11/25)

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.

## UNIFIED SOCCER

Join us for our Recreational UNIFIED Soccer Program for ages 7-14 years old. This league will focus on developing skills and having fun!

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

September 3 - October 8

**Cost:** \$25 Residents; \$35 Nonresidents

**Age Requirements:** 7-14

**Location:** Fulton Park, 48 State Pier Road

## VOLLEYBALL PLAYDAY

Join us for a volleyball playday

**Instructor:** Jennifer Sullivan

**Date Information:** SCAN QR CODE for details



## PRESCHOOL SPORTS

Parent and child classes focus on sport specific skills.

**Instructor:** Recreation Department Staff

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

Outdoor Soccer: September 9 - October 14

Indoor Soccer: October 28 - December 9 (no class 11/25)

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

**Age Requirements:** Ages 3-5

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

## STROLLER & ME

Start your morning with Energy & Fun! This class is part workout and part play date.

**Instructor:** Celes Kerr

**Date Information:**

Session 1 : September 14 - October 19

Session 2: October 26 - November 30

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

**Location:** TBD

## 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:**

Sat., Sept. 26 High School- Grades 9-12

Sat., Oct. 17 Middle School Grades 6-8

Sat., Nov. 21- High School- Grades 9-12

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

**Cost:** \$5 per person, bring your student ID

**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.

**October 30:** Costumes and Halloween Games

**December 11:** 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.

## YOUTH TENNIS IN THE PARK

Official USTA tennis program where kids play while they learn!

**Instructor:** Andre Danford

**Date Information:** Saturdays, September 12 - October 17

1:00-2:00 PM Grade 3-5 ; 2:00-3:00 PM Grade 6-8

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

**Age Requirements:** Grades 3-5, 6-8

**Location:** Toby May Park Tennis Courts 636 Ocean Ave.

## 5K BREW RUN

**Date Information:** Save the date! -Saturday, May 1, 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

## 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 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 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 13

**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

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 12/31/25

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

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



# ADULT FITNESS & DANCE

## 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: September 10 - October 15

Session 2: October 29 - December 3

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

**Age Requirements:** Ages 18 and up

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

## CIRCUIT CIRCUS

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

**Silver Sneakers Eligible**

**Instructor:** Cindy Lohr

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

Session 1: September 14 - October 19

Session 2: November 2 - December 7

**Cost:** \$45 Residents; \$55 Nonresidents; \$0 Silver Sneakers

**Age Requirements:** Ages 16 and up

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

## HALF AND HALF

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

**Silver Sneakers Eligible**

**Instructor:** Cindy Lohr

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

Session 1: September 3 - October 8

Session 2: October 15 - November 19

**Cost:** \$45 Residents; \$55 Nonresidents; \$0 Silver Sneakers Members

**Age Requirements:** Ages 16 and up

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

## 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: September 9 - October 14

Session 2: October 28 - December 2

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

**Age Requirements:** Ages 18 and up

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

## 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  
September 14 - November 2

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

September 14 - November 2

**Age Requirements:** Ages 18 and up

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

## ZUMBA

Give yourself the gift of dance + cardiovascular fitness!

**Silver Sneakers Eligible**

**Instructor:** Terry Weiss

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

Session 1: September 15 - October 27 (No class 10/6)

Session 2: November 3 - December 8

**Cost:** \$45 Residents; \$55 Nonresidents; \$0 Silver Sneakers

**Age Requirements:** Ages 18 and up

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

## LAUGHTER YOGA

A gentle, uplifting wellness practice that combines guided breathing, light movement, and intentional laughter to boost mood, increase oxygenation, and reduce stress. No yoga experience, or sense of humor required—just a willingness to participate. Can be done seated or standing, accessible for all ability levels.

**Instructor:** Christy Pyatt

**Date Information:** TBD

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

**Age Requirements:** Ages 18 and up

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

## ADULT CONTEMPORARY LYRICAL DANCE

A 90 minute adult contemporary/lyrical dance class. Previous dance experience helpful but not required.

**Instructor:** Sue Greenleaf

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

September 9 - November 4

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

**Age Requirements:** Ages 18 and up

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

## FITNESS FUSION

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

**Instructor:** Cindy Lohr

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

Session 1: September 3 - October 8

Session 2: October 15 - November 19

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

**Age Requirements:** Ages 16 and up

**Location:** Community Center Lounge, 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/or Fridays, 11:00 - 11:45 AM

Session 1: September 1 - October 9

Session 2: October 20 - November 27

**Cost:** One Times A Week; \$45 Residents; \$55 Nonresidents

Two Times A Week; \$60 Residents; \$70 Nonresidents

**Age Requirements:** Ages 55 and up

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

## CARDIO PLUS

A cardio workout topped off with a variety of complimentary exercises for balance, strength and flexibility

**Instructor:** Cindy Lohr

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

Session 1: August 28 - October 9

Session 2: October 16 - November 20

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

**Age Requirements:** Ages 16 and up

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

## ADULT TENNIS IN THE PARK

The official USTA tennis program where kids play while they learn!

**Instructor:** Andre Danford

**Date Information:** Tuesdays, September 15 - October 20

1:00-2:00 PM Grade 3-5 ; 2:00-3:00 PM Grade 6-8

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

**Age Requirements:** Grades 3-5, 6-8

**Location:** Toby May Park Tennis Courts 636 Ocean Ave.

For all experience levels. Learn and practice the basics of stand-up comedy, from point of view and

**Instructor:** David Iscoe

**Date Information:** Tuesdays, 6:00 - 8:30 PM

September 15 - November 3

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

**Age Requirements:** Ages 18 and up

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

## PICKLEBALL

### REC THE NET PICKLEBALL TOURNAMENT

### PICKLEBALL LESSONS

### PICKLEBALL LEAGUE



## 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

China; Tuesday, October 6

Lebanon; Tuesday, December 1

**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

Plant Based 101; Tuesday, September 8

Soups 101; Tuesday, November 3

**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

Cake Pop Night; Tuesday, September 29

Halloween Tricks or Treats; Tuesday, October 27

Holiday Pies; Tuesday, November 24

**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

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

**Age Requirements:** Ages 5 - 17

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

### DAD'S IN THE KITCHEN

Hands on culinary program designed to empower fathers and father figures through practical cooking education while strengthening family bonds and promoting healthy lifestyles.

**Instructor:** James Clanton

**Date Information:** 6:00 - 8:00 PM

Mondays, September 14 - October 26

**Cost:** \$115 Residents; \$125 Nonresidents

**Age Requirements:** Ages 20 and up

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

### SWEET SKILLS

Hands on baking program designed for youth.

**Instructor:** Stephanie López

**Date Information:** 5:00 - 6:30 PM

August 20 - September 24

October 1 - November 5

**Cost:** \$100 Residents; \$110 Nonresidents

**Age Requirements:** 10-16

**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:** 5:30 - 6:30 PM or 6:30 - 7:30 PM

Session 1: Mini Foods Part 3 - September 9 - September 30

Session 2: Gamer Gourmet Part 2 - October 7 - October 28

Session 3: TV & Movie Inspired Creations Part 6 - November 4 - November 25

Wednesdays: 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, September 8 - September 29

Session 2: Tuesdays, October 6 - October 27

Session 3: Tuesdays, November 3 - November 24

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

**Age Requirements:** Ages 12-17

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

# 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](http://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 DIVERSION 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.

