



NEW LONDON RECREATION

SPRING 2025



CONNECT

111 UNION STREET, NEW LONDON, CT 06230 • 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,

Spring is almost here, bringing longer days and fresh opportunities to connect and enjoy our community! Our spring program guide is packed with activities for all ages, and we're excited to continue offering inclusive and affordable programs that bring our community together.

As the weather warms, take time to explore our parks, beaches, and beautiful city. Whether you're joining one of our programs or enjoying the simple sounds of nature, these moments can strengthen relationships and bring peace to your busy days. Don't miss our Rec Mobile Special Events this season!

We're incredibly grateful for the support of our donors and grants, which make so much of what we do possible. Stay tuned for updates on the new Community Recreation Center, which will soon become a vibrant hub for our community.

Thank you for being part of our journey. Here's to a wonderful and active spring!

Warm regards,

Joshua Posey

Director of Recreation



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 or
Correo electrónico ldelucca@newlondonct.org

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.

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 prior to the first class session. He/she will THEN be assessed a \$10 processing fee. No refunds will be given once the session has begun. 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.

NEW LONDON CITY INFORMATION

CITY COUNCIL

Reona M. Dyess, President | Alma D. Nartatez | Jeffrey P. Hart
Efrain Dominguez Jr. | Akil Peck | Jocelyn Rosario
John D. Satti, 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 | KarRicard 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
Tom Podeszwa, Aquatics & Recreation Coordinator
Tara Hannaford, Recreation Supervisor II
Lori DeLucca, Assistant to the Director of Recreation
Zach Morales, Park Ranger

YOUTH AFFAIRS

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

CITY YOUTH SPORTS LEAGUES

NEW LONDON YOUTH SOCCER CLUB

Clare DePETER Powers, President
nlscprez@gmail.com
<https://clubs.bluesombrero.com/newlondon>

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

John Satti, President
860-287-0526

CITY PARK GROUPS

The City of NL 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 REGISTRATION IS OPEN!

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 5-10
Registration Open June 1



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

Beach Open*:

May 24 - June 16, 2025

Weekends only: 10:00 AM – 6:00PM

June 16– September 1, 2025

Weekday: 9:00 AM – 5:00 PM

Weekends: 10:00 AM – 6:00 PM

**Holidays: 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, Sept-Jun monthly; 7:00 AM-start of school.

Cost: \$30/month Residents; \$35/month Nonresidents

Age Requirements: Grades K-5

Location: Nathan Hale, Jennings, and Winthrop Elementary Schools

AQUATIC PROGRAMS

LEARN TO SWIM LEVELS

Level 1 - For the beginner who is comfortable in the water. Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

Level 2 - Swimmers should already be able to float on front and back and put their head under water. Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3 - Swimmers should already be comfortable swimming front stroke and swimming on their back. Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

Level 4 - Swimmers should already be able to: swim front and back crawl 25 yards. Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, and diving in kneeling position.

Level 5 - Swimmers should already be able to: swim freestyle, breaststroke and backstroke 50 yards, scissors kick, whip kick, treading water, and dive. Swimmers will work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

Level 6 - Swimmers should already be able to: swim front and back crawl 100 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, use 3 strokes to swim a 500 meter swimmer must be able to swim, use all strokes.

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: Sundays, 1:30 PM

Session 1: March 23 - May 4 (No 4/20)

Cost: \$55 Residents; \$65 Nonresidents

Age Requirements: Birth to age 3 with parent in water

Location: Avery Point

1084 Shennecossett Road, Groton

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: Sundays, 2:30 or 3:30 PM

Session 1: March 23 - May 4 (No 4/20)

Cost: \$55 Residents; \$65 Nonresidents

Age Requirements: Ages 3-5 years old

Location: Avery Point Pool

1084 Shennecossett Road, Groton

YOUTH SWIM LESSONS

Classes are in 6 levels. Please designate your level and time of choice during registration.

Date Information: Sundays, 1:30, 2:30, or 3:30 PM

Session 1: March 23 - May 4 (No 4/20)

Cost: \$55 Residents; \$65 Nonresidents

Age Requirements: Ages 4-14 years old

Location: Avery Point Pool

1084 Shennecossett Road, Groton

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: Sundays, 1:30, 2:30, or 3:30 PM

Session 1: March 23 - May 4 (No 4/20)

Cost: \$55 Residents; \$65 Nonresidents

Age Requirements: 15 years and up

Location: Avery Point Pool

1084 Shennecossett Road, Groton

OPEN SWIM

Six-week open swim. Lifeguards will be on duty. Limited to 6 family members per registration. Adults must stay at the pool. All minors must be accompanied by an adult.

Date Information: Saturdays, 2:30-3:15 PM

Session 1: March 22—May 3 (No 4/19)

Cost: Residents: \$30 for the first family member, \$5 for each additional family member (up to 5 additional family members for a total of 6 family members).

Nonresidents: \$35 for the first family member, \$10 for each additional family member (up to 5 additional family members for a total of 6 family members).

\$10/person Walk-in Fee

Age Requirements: All Ages

Location: Avery Point Pool

1084 Shennecossett Road, Groton

LAP SWIM

Lap swim at Avery Point on Saturdays. For ages 15 years and older. Lifeguards will be on duty.

Date Information: Saturdays, 3:30-4:15 PM

Session 1: March 22—May 3 (No 4/19)

Cost: \$30 Residents; \$40 Nonresidents

\$10/person Walk-in Fee

Age Requirements: 15 years and up

Location: Avery Point Pool

1084 Shennecossett Road, Groton

BASKETBALL

BASKETBALL OPEN GYM

An opportunity for individuals to play basketball indoors. Space is limited. Must Register

Date Information: Saturdays 8:30-9:30 AM Ages 14 and younger, 9:30 - 11:00 AM Ages 15 -17, 11:15 AM - 12:45 PM Ages 18 and older, 1:00 - 2:30 PM Ages 40 and older

Register at www.newlondonrec.com

Cost: \$5 per weekly drop in; Register online (pay online or in person)

Location: Harbor School Gym, 432 Montauk Ave.

YOUTH ENRICHMENT & DANCE

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

April 8 - June 19

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.

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

March 18 - May 13 (no class 4/15)

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

March 18 - May 15 (no class 4/15 and 4/17)

Cost: \$55 Residents; \$65 Nonresidents

Age Requirements: Ages 4-17

Location: Senior Center Dance Room, 10 Brainard St.

ADVANCED RHYTHM & SYNC TAP

Tap shoes required. Please also bring a water bottle each day.

Instructor: Amanda Darling

Date Information: Tuesdays, 6:30 - 7:15 PM

March 18 - April 29 (no class 4/15)

Cost: \$60 Residents; \$70 Nonresidents

Age Requirements: Ages 4-17

Location: Senior Center Dance Room, 10 Brainard St.

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.

Date Information: Fridays, 5:00-9:00 PM

March 14: Trivia and Game Night!

Cost: \$10 Residents; \$20 Nonresidents. Sibling discount \$5 off for each sibling.

Age Requirements: Ages 4-10

Location: BP Learned, 40 Shaw St.

PRESCHOOL SPORTS - T-BALL

Parent and child classes focus on sport specific skills.

Instructor: Recreation Department Staff

Date Information: Wednesdays, 5:00 - 6:00 PM & 6:00 - 7:00 PM

April 9 - May 21 (no 5/7)

Cost: \$30 Residents; \$40 Nonresidents

Age Requirements: Ages 3-5

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

Session 1: February 26 - April 2

Session 2: April 23 - May 28

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 Elementary School, 50 Mercer Street

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

April 8 - May 13

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 4-6

Location: Harbor Elementary School Gym, 432 Montauk Ave.

VOLLEYBALL

For players who want to develop and improve their hitting, blocking, and serving technique. Skill development will focus on footwork, technique activities to practice at home and fun.

Instructor: Jennifer Sullivan

Date Information: Tuesdays, 6:00 - 7:00 PM Ages 11-13

7:00 - 8:00 PM Ages 14 - 17

March 4 - April 8

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 11-13, Ages 14-17

Location: Jennings Elementary School, 50 Mercer Street

INTRO TO GOLF

Learn the basics of putting, chipping, and driving.

Instructor: Mark LaPietra

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

March 17 - April 21

Cost: \$45 Residents; \$65 Nonresidents

Age Requirements: Ages 9-13

Location: BP Learned, 40 Shaw St.

INSTRUCTIONAL FOOTBALL

Come learn the game of football. Participants will be able to learn and enhance their football skills.

Instructor: New London Youth Football

Date Information: Wednesdays, 5:00 - 6:00 PM Ages 4-6, 6:15 - 7:15 PM, Ages 7-9 and Ages 10-12

April 23 - May 28

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 4-6, Ages 7-9, and Ages 10 - 12

Locations: Veterans Field, 120 Cedar Grove Ave.

THEATER GAMES

A fun and creative acting experience starting with basic voice and movement then moving into scene acting.

Instructor: Mark LaPietra

Date Information: Mondays, 6:30 - 7:30 PM

March 24 - April 28

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 9 - 11

Location: BP Learned, 40 Shaw St.

YOUNG BUILDERS

Build and create thinking outside the box. Create with materials beyond blocks. Creating with sugar cubes, straws, marshmallows, toothpicks, etc.

Instructor: Rianna Rubino

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

Session 1: March 6 - April 10

Session 2: April 24 - May 29

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 5 - 10

Locations: Harbor School, 432 Montauk Ave

YOUNG READERS BOOKCLUB

Each week the instructor will read a book to the participants and then craft and have a snack that goes with the book.

Instructor: Rianna Rubino

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

Session 1: March 9 - April 13

Session 2: April 27 - June 8

Cost: \$40 Residents; \$50 Nonresidents

Age Requirements: Ages 2 - 8

Locations: Harbor School, 432 Montauk Ave

TEXTURE EXPLORERS

Children will move through different stations and experience different tactile activities. Adults will also have the opportunity to meet new families and socialize during the program. An adult must attend with their participant.

Instructor: Rianna Rubino

Date Information: Saturdays, 4:00 - 5:00 PM

Session 1: March 8 - April 12

Session 2: April 26 - June 7

Cost: \$35 Residents; \$45 Nonresidents

Age Requirements: Ages 2 - 5

Locations: Harbor School, 432 Montauk Ave

PRESCHOOL ART

Ages 2 to 5 can enjoy working on different art projects each week. An adult will accompany the child and have the opportunity to work on the art project with their participant and socialize with the other adults in the program. The children will work with different materials throughout the course of the program.

Instructor: Rianna Rubino

Date Information: Mondays, 10:00 - 11:00 AM OR 11:00 AM - 12:00 PM

Session 1: March 17 - April 28

Session 2: May 5 - June 16 (No 5/26)

Cost: \$35 Residents; \$45 Nonresidents

Age Requirements: Ages 2 - 5

Locations: Harbor School, 432 Montauk Ave

TENNIS IN THE PARK

The official USTA tennis program where kids play while they learn! Led by an approved USTA Net Generation tennis coach, the program will focus on developing the skills to serve, rally, and play.

Instructor: Andre Danford

Date Information: Saturdays, May 3 - June 7

Orange Ball: 1:00-2:00 PM Grade 3-5

Green Ball: 2:00-3:00 PM Grade 6-8

Cost: \$30/resident \$35/nonresident

Age Requirements: Grades 3-5, 6-8

Location: Toby May Park Tennis Courts 636 Ocean Ave.

COOKING

101 COOKING SERIES

A workshop series that gives a crash course in cooking!

Instructor: Erika Gradecki

Date Information: Mondays, 5:30-7:00 PM

Session 1: March 3: One Pot Meals 101

Session 2: May 5: Gluten Free 101

Cost: \$30 Residents; \$40 Nonresidents

Age Requirements: Ages 18 and up

Location: Senior Center, 10 Brainard St.

INTERNATIONAL COOKING WORKSHOPS

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: Mondays, 5:30-7:00 PM

Session 1: April 7: Spain

Cost: \$30 Residents; \$40 Nonresidents

Age Requirements: Ages 18 and up

Location: Senior Center, 10 Brainard Street

KIDS COOKING WORKSHOPS

Instructor: Erika Gradecki

Date Information: Mondays, 5:30-7:00 PM

Session 1: March 10: Souper Soups

Session 2: April 28: Cinnamon-y Rolls

Session 3: May 12: Creative Cupcakes

Cost: \$30 Residents; \$40 Nonresidents

Age Requirements: Ages 5-17

Location: Senior Center, 10 Brainard St.

CHEF JUNIOR

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

Instructor: Erika Gradecki

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

Session 1: TV & Movie-Inspired Creations III March 5—March 26

Session 2: STEAM - April 2—April 30 (No class 4/16)

Session 3: Mini Foods - May 7 to May 28

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 5-17

Location: New London Recreation, 111 Union Street

ADULT ENRICHMENT & DANCE

COMEDY WRITING & PERFORMANCE

Stand-up, Sketch, Improv & More! Learn a variety of comedy writing and performance skills. You'll get to try a few different forms and styles of comedy to add to your repertoire.

Instructor: David Iscoe

Date Information: Thursdays, 6:00 - 8:30 PM

April 17 - June 5

Cost: \$135 Residents; \$145 Nonresidents

Age Requirements: Ages 16 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 is required in order to be approved on TeamReach App.

Date Information: Weekdays, 5:30-7:00 PM, 7:00-8:30 PM.

Sundays, 9:30-11:00 AM, 11:00 AM -12:30 PM, 12:30 - 2:00 PM

Register at 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: Harbor School Gym, 432 Montauk Ave.

INTRODUCTION TO PICKLEBALL

Class will help people who are interested in knowing how to play and score. Participants will learn the basic skills and strategies and will be ready to join open play.

Instructor: Wayne Qian

Date Information: Thursdays, 4:00 - 5:30 PM

Session 1: February 20 - February 27

Session 2: April 3 - April 10

Session 3: May 1 - May 8

Cost: \$35 Residents; \$45 Nonresidents

Age Requirements: Ages 16 and up

Location: Harbor Elementary School, 432 Montauk Ave.

PICKLEBALL STRATEGY CLASS

Class will focus on players who know how to play and want to improve their skills and techniques and strategies.

Instructor: Wayne Qian

Date Information: Thursdays, 4:00 - 5:30 PM

Session 1: March 6 - March 13

Session 2: April 17 - April 24

Session 3: May 15 - May 22

Cost: \$35 Residents; \$45 Nonresidents

Age Requirements: Ages 16 and up

Location: Harbor Elementary School, 432 Montauk Ave.

BODY SCULPT

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: February 27 - April 3

Session 2: April 10 - May 22 (No 4/17)

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Jennings Gym, 50 Mercer St.

YOGA WITH BRONWYN

Unique yoga routine made up of classic yogic poses, asanas, that balance strengthening, stretching, and relaxation.

Intended to enhance mental and physical health through attentiveness and ease during activity and rest.

Instructor: Bronwyn Hughes

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

March 26 - June 4 (no 4/16)

Cost: \$55 Residents; \$65 Nonresidents

Age Requirements: Ages 16 and up

Location: Nathan Hale Elementary School, 37 Beech Drive

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: March 1 - April 5

Session 2: April 12 - May 17

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Harbor Elementary School, 432 Montauk Ave.

YOGA FLOW VINYASA AND MEDITATION

A 60 minute vinyasa yoga practice suitable for all levels followed by 15 minutes of guided meditation.

A vinyasa yoga practice provides you with calming, mental focus, cardiovascular benefit, increased flexibility & strength workout for your body.

Instructor: Traci Boiselle

Date Information: Tuesdays AND/OR Thursdays March 18 -

May 6:30 -7:45 PM (no class 4/15 and 4/17)

Cost: \$60 Residents; \$70 Nonresident 2 x Week

\$45 Resident; \$55 Nonresident 1 x Week

Age Requirements: Ages 16 and up

Location: Nathan Hale Elementary School, 37 Beech Drive

KUNDALINI

Kundalini Yoga uses breath work, mantra, physical movement, meditation and madras to awaken your own divine energy. A healing experience of Kriya (physical postures), meditation and mantra. It will be an opportunity to reset, nurture and cleanse beyond the physical body into all that you are.

Instructor: Traci Boiselle

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

March 18 - May 13 (No 4/15)

Cost: \$45 Residents; \$55 Nonresident

Age Requirements: Ages 16 and up

Location: Nathan Hale Elementary School, 37 Beech Drive

ADULT CONTEMPORARY LYRICAL DANCE

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

April 9 - June 4

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 18 and up

Location: Senior Center Dance Room, 10 Brainard St.

TRADITIONAL BACHATA

This captivating dance, rooted in the vibrant culture of the Dominican Republic, combines hip movements with rhythmic footwork, making it a beautiful expression of emotion and connection. All skill levels are welcome!

Instructor: Raquel Murphy

Date Information: Mondays, 6:45 - 7:45 PM

March 31 - May 19

Cost: \$55 Residents; \$65 Nonresidents

Age Requirements: Ages 18 and up

Location: Senior Center Dance Room, 10 Brainard St.

20 20 20

This class focuses on the components of cardio, strength, balance and flexibility.

Instructor: Cindy Lohr

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

Session 1: March 3 - April 7

Session 2: April 21 - June 2 (no 5/26)

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Harbor Elementary School, 432 Montauk Ave.

SBF TRAINING

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

Instructor: Cindy Lohr

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

Session 1: March 6 - April 10, Session 2: April 24 - May 29

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Harbor Elementary School, 432 Montauk Ave.

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: February 28 - April 4

Session 2: April 11 - May 16

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Harbor Elementary School, 432 Montauk Ave.

EDUCATION & CERTIFICATIONS

CPR/FIRST AID/AED - ADULT AND PEDIATRIC

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 American Red Cross CPR certification upon successful completion of the program.

Instructor: Tommy Podeszwa

Date Information: Saturdays, 9:00 AM - 1:30 PM

Session 1: March 29

Session 2: April 26

Cost: \$70 Residents; \$80 Nonresidents

Age Requirements: Ages 15 and up

Location: New London Recreation Department, 111 Union St.

BELLY DANCE

You'll learn the fundamental techniques of belly dance, including body isolation's, shimmies, and flowing movements. You'll explore the rich history and cultural significance of belly dance, discover how to interpret music and rhythms, and even learn a short choreography to showcase your new skills.

Instructor: Raquel Murphy

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

March 24 - May 19

Age Requirements: Ages 18 and up

Location: Senior Center Dance Room, 10 Brainard St.

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: March 4 - April 8

Session 2: April 22 - May 27

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 18 and up

Location: Harbor Elementary School, 432 Montauk Ave

ADULT TAP DANCING

Tap shoes required. Please also bring a water bottle each day.

Instructor: Amanda Darling

Date Information: Thursdays, 6:30 PM - 7:15 PM

March 27 - May 8 (no 4/17)

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 18 and up

Location: Senior Center Dance Room, 10 Brainard St.

ADULT TENNIS

Led an USTA Net Generation tennis coach, the program will focus on developing the skills to serve, rally, and play.

Instructor: Andre Danford

Date Information: Tuesdays, 5:00 - 6:00 PM

May 13 - June 10

Cost: \$ 40 Residents; \$50 Non Residents

Age Requirements: Ages 18 and up

Location: Toby May Park Tennis Courts 636 Ocean Ave.

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

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, 9:30 AM - 1:30 PM

Session 1: April 5 - April 12

Cost: \$55 Residents; \$65 Nonresidents

Age Requirements: Ages 11 and up

Location: New London Recreation Department, 111 Union St.

5K BREW RUN & 1 MILE KIDS ROOT BEER RUN

5K BREW RUN/WALK WITH TOX BREWING & 1 MILE KIDS ROOT BEER RUN

Date Information:

Saturday, May 3

Cost: \$30 5K Brew Run, \$20 1 Mile Kids Root Beer Run

Location: Start at BP Learned

Includes: Race Shirt

Slice of Pizza, Beer (21 and over) or Root Beer, provided by Tox Brewing

Scan the QR Code to Register



PROCEEDS FROM THE RACE WILL SUPPORT RECREATION PROGRAM SCHOLARSHIPS FOR NEW LONDON RESIDENTS

VACATION AND SUMMER CAMP

APRIL VACATION CAMP

Spring is here and NESS is bringing the science challenges! Using experiments, art, and games we'll dive into different topics of science.

Date Information: Monday - Friday, April 14 - April 18, 8:00

Cost: \$70 Residents, \$90 Nonresidents

Age Requirements: Ages 4-10

Location: BP Learned, 40 Shaw Street

APRIL SOCCER CLINICS

Is your child interested in learning how to play soccer or improve current skills? Clinics will focus on developing individual and team skills in soccer. Focusing on technical, physical, cognitive, and emotional development in a fun and safe environment. Register for 3 days and get the 4th free!

Date Information: Monday - Thursday April 14 - April 17, 9:00 AM - 12:00 PM

Cost: Monday - Thursday; \$60 Residents, \$90 Nonresidents Per Day; \$20 Residents, \$30 Non Residents

Age Requirements: Ages 6-14

Location: Calkins Park, Crescent Street



SUMMER PLAYGROUND PROGRAM

REGISTRATION IS OPEN! Six weeks of camp starting June 30! Come have fun with your friends over the summer! Breakfast & lunch are provided. Activities include daily arts & crafts, playing outdoors, learning time, board games, and group games. Rain or shine. Proof of residency is required for New London resident rate. Before and after care available, see the listing below.

Date Information: Monday-Friday, June 30 - August 8 (no program July 4); 9:00 AM - 3:00 PM

Cost: \$75/week Residents; \$100/week nonresidents. A \$5 late fee/registration/week will be applied to registrations after June 14.

Age Requirements: Ages 4-5, 6-9, 10-14

Location: Locations TBD

BEFORE & AFTER CARE

Do you need childcare before or after the playground program. Parents have the option to drop off early or pick up late. Participants are bussed to and from their respective program sites.

Date Information:

Before Care: Monday-Friday, June 30 -August 8 (no care 7/4); 7:00 AM - 9:00 AM

After Care: Monday-Friday, July 1-August 9 (no care 7/4); 3:00 - 5:00 PM

Cost: \$30/week for before care/ \$30 per week for aftercare

Age Requirements: Ages 4-14

Location: TBD

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

WHATLES TALES CHILDREN'S BOOK BANK & LITTLE FREE LIBRARIES

DIAPER BANK

COOL (CAREER OF OUR LIVES)

PARENT LEADERSHIP



CT YOUTH EMPLOYMENT & TRAINING PROGRAM (CYEP)

TEEN LINKS

NL COMMUNITY CONNECTIONS COALITION (NLCC)

JUVENILE REVIEW BOARD (JRB) AND SCHOOL ATTENDANCE PROMOTION

FAMILY/COMMUNITY EVENTS

SCAN THE QR CODE FOR MORE YOUTH AFFAIRS INFO