



NEW LONDON RECREATION

SUMMER 2025



SCAN ME



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,

Summer is finally here—and with it comes sunshine, excitement, and a season full of unforgettable memories waiting to be made! From beach days and sports leagues to arts, fitness, and outdoor adventures, our summer guide is packed with fun for everyone.

But this year, summer in New London is *extra* special...

On July 1st, we officially open the doors to our brand-new Community Recreation Center!

This incredible facility is a game-changer—featuring state-of-the-art fitness spaces, classrooms, a gymnasium, and a community hub where families, teens, and neighbors can come together like never before. We've dreamed of this for years, and it's finally here. We can't wait for you to walk through the doors and make it your new favorite place.

Whether you're joining summer camp, trying a new program, or dancing with us at a Rec Mobile event, we invite you to celebrate community, connection, and summertime joy with us all season long.

Thank you to our amazing staff, sponsors, and families for continuing to support New London Recreation. Here's to a summer full of laughter, learning, and a little adventure, too.

See you at the new Community Center!

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 or

Correo electrónico lrelucca@newlondonct.gov

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 THEN 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

Efrain Dominguez Jr., President | Alma D. Nartatez | 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
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
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

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

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



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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? 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.

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.

YOUTH SWIM LESSONS

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

Evening Lessons: Monday, Tuesday, or Wednesday
June 23-July 30; 5:30-6:15 PM or 6:30-7:15 PM

Cost: \$65 Residents; \$75 Nonresidents

Age Requirements: Ages 4-14

Location: Ocean Beach Pool, 98 Neptune Ave.

Day Lessons: Tuesday, Wednesday, and Thursdays, 9 - 9:45 AM

Session 1: July 1 - July 10

Session 2: July 15 - July 24

Session 3: July 29 - August 7

Age Requirements: Ages 4-14

Location: Ocean Beach Pool, 98 Neptune Ave.

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 your skill level. Beginner & intermediate swimmers welcome.

Evening Lessons: Monday, Tuesday, or Wednesday
June 23 - July 30; 6:30-7:15 PM

Cost: \$65 Residents \$75 nonresident

Age Requirements: 15 years and up

Location: Ocean Beach Pool, 98 Neptune Ave.

Day Lessons: Tuesday, Wednesday, and Thursday, 9 - 9:45 AM

Session 1: July 1-July 10

Session 2: July 15 - July 24

Session 3: July 29 - August 7

Age Requirements: Ages 4-14

Location: Ocean Beach Pool, 98 Neptune Ave.

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: Monday, Tuesday, or Wednesday

June 23-July 30; 5:30-6:15 PM or 6:30-7:15 PM

Cost: \$65 Residents; \$75 Nonresidents

Age Requirements: Birth to 3

Location: Ocean Beach Pool, 98 Neptune Ave.

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: Monday, Tuesday, or Wednesday

June 23-July 30; 5:30-6:15 PM or 6:30-7:15 PM

Cost: \$65 Residents; \$75 Nonresidents

Age Requirements: Ages 3-5

Location: Ocean Beach Pool, 98 Neptune Ave.

SURF & TURF

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: Thursdays, 5:00 - 6:00 PM

July 10 - August 7

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 18 and up

Location: Ocean Beach Pool, 98 Neptune Ave.

CERTIFICATIONS

JR. LIFEGUARDING CERTIFICATION

The American Red Cross Junior Lifeguarding program, is designed to guide participants through the American Red Cross Lifeguarding course. The course focuses on building a foundation of knowledge, attitudes and skills of future lifeguards.

Date Information: Tuesdays and Wednesdays, 5:30 - 7:30 PM

June 24 - July 30

Cost: \$85 Residents; \$95 Nonresidents

Age Requirements: Ages 11 - 14

Location: Ocean Beach Pool, 98 Neptune Ave.

YOUTH ENRICHMENT & DANCE

BALLET

The class will focus on the basic ballet skills which includes ballet positions, the students' awareness of proper body alignment, flexibility, balance, and self-confidence. Dancers should wear leotards and tights are recommended, no baggy clothing.

Instructor: Amanda Darling

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

June 3 - July 22

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 4 -10

Location: Senior Center Dance Room, 10 Brainard St.

RHYTHM & TAP DANCE

Beginner and intermediate tap dance lessons. Program runs throughout the year & meets 2 times per week. Tap shoes required. Please also bring a water bottle each day.

Instructor: Amanda Darling

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

June 3 - July 24

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

June 10 - July 15

Cost: \$60 Residents; \$70 Nonresidents

Age Requirements: Ages 4-10

Location: Senior Center Dance Room, 10 Brainard St.

TINY TUMBLERS (GYMNASTICS)

An introduction to basic gymnastic skills for 4-8 year olds. Utilizing gymnastics apparatus including the beam, junior bars, vaulting, and floor tumbling. Gymnastics will help your child develop physically and help to build listening skills and confidence.

Instructor: Cindy Lohr

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

May 27 - July 1

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 4-8

Location: Harbor School Gym , 432 Montauk Ave.

RISE AND SHINE

Let's start our day together! Children will start their day with friends doing finger paints, bubbles, instruments and more.

Instructor: Rianna Rubino

Date Information: Tuesdays and Thursdays; 8:30 - 9:15 AM

July 3 - August 14

Cost: \$55 Residents; \$65 Nonresidents

Age Requirements: Ages 1-4

Location: Harbor School, 432 Montauk Ave.

EVERYONE IS AN ARTIST

Explore famous artists and their works of art. Create your own masterpiece using different techniques and materials.

Instructor: Rianna Rubino

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

July 7 - August 18

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 2-8

Location: Harbor School, 432 Montauk Ave.

CRAFTY KIDS

Children will immerse themselves in different activities; from painting, doing origami, working with clay. Your child will have the opportunity to have their creativity shine.

Instructor: Rianna Rubino

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

July 1 - August 12

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 5 - 10

Location: Harbor School, 432 Montauk Ave.

FAMILY GAME NIGHT

Grab your crew and come on over. Families will have the opportunity to play games and do different activities with each other. It will be great sharing this special time together. The program will be outside and include such things as twister, art activity, scavenger hunt and more. It's going to be a great time!

Instructor: Rianna Rubino

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

July 9 - August 20

Cost: Residents: \$25 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, \$5 for each additional family member (up to 5 additional family members for a total of 6 family members).

Age Requirements: All

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

July 10 - August 21

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

July 6 - August 17

Cost: \$40 Residents; \$50 Nonresidents

Age Requirements: Ages 2 - 8

Locations: Harbor School, 432 Montauk Ave

SUMMER CAMP PROGRAMS

VOLLEYBALL SKILLS CLINICS

Clinics will focus on developing individual and team skills in volleyball. Focusing on technical, physical, cognitive, and emotional development in a fun and safe environment.

Instructor: Jennifer Sullivan

Date Information: Monday -Thursday, June 23 - 26

Ages 11 - 13, 9:00 - 11:00 AM

Ages 14 - 17, 11:15 AM - 1:15 PM

Age Requirements: Ages 11-13 - 14-17

Cost: Monday - Thursday \$90 Residents, \$120 Nonresidents Per Day; \$30 Residents; \$40 Nonresidents

Location: Jennings School, 50 Mercer Street

SOCCER & SWIM CAMP

Soccer Camp: This camp will focus on developing individual and team skills in soccer. Focusing on technical, physical, cognitive, and emotional development in a fun and safe environment.

Swim Camp: This portion of camp will be part aquatics instruction & education on swimming techniques and general water safety. Participants will participate in a wide range of pool games and activities.

Combo Soccer/Swim: Children will participate in both individual camps and enjoy a supervised, provided lunch. Campers will be walked to Ocean Beach from Nathan Hale.

Instructor: Alyssa Silva & Department of Recreation Staff

Date Information: Monday -Friday, June 23-June 27

Soccer Camp: 9:00 AM - 12:00PM

Swim Camp: 1:00 - 3:00 PM

Combo Soccer/Swim: 9:00 AM - 3:00 PM

Cost: Soccer Camp Only: \$50 residents \$60 Nonresidents

Swim Camp Only: \$60 Residents; \$70 Non Residents

Combo – Soccer and Swim: \$100 Residents \$125 Nonresidents

Age Requirements: Ages 6 -14

Location: Soccer at Nathan Hale – 37 Beech Dr.,

Swim at Ocean Beach – 98 Neptune Ave.

Soccer/Swim: Drop off at Nathan Hale, Pickup at Ocean Beach

COOKING CAMP

This camp will teach foundational culinary skills, including proper knife handling, cooking techniques, and recipe creation. Themes will be covered throughout the week, including appetizers, entrees, desserts and more! The last day of camp will be a mini cooking competition.

Instructor: Erica Gradecki

Date Information: Monday - Friday, 9:00 AM - 12:00 PM

Session 1: August 11 - 15

Session 2: August 18 - 22

Age Requirements: Ages 5-17

Cost: \$125 Residents; \$135 Nonresidents

Location: The Community Center

TINY TUMBLERS (GYMNASTICS) CAMP

This camp will introduce campers to basic gymnastics skills. Utilizing gymnastics apparatus including the beam, junior bars, vaulting, and floor tumbling. Will include other activities.

Instructor: Cindy Lohr

Date Information: Monday -Friday, 9:00 AM - 12:00 PM

August 11 - 15

Age Requirements: Ages 4-8

Cost: \$125 Residents; \$135 Nonresidents

Location: Jennings School, 50 Mercer St.

THEATER CAMP

Acting, artwork, set and prop creation, and stage management. Work together and execute artistic ideas for scene/show preparation.

Instructor: Mark LaPietra

Date Information: Monday -Friday, 12:00 - 3:00 PM

June 16 - June 20

Age Requirements: Ages 9 -11

Cost: \$115 Residents; \$125 Nonresidents

Location: BP Learned, 40 Shaw Street

REC MOBILE

Free Summer Program!! The Rec Mobile will be traveling throughout the city this summer. Come visit us this summer and participate in arts & crafts, yard games, cooking, fitness activities, and so much more!! Follow us on Facebook for weekly activity schedule.

Date Information: Monday-Thursday, 9:00-11:00 AM

Locations:

Mondays: Winthrop Square - 59 Federal St.

Tuesdays: Green Harbor - 138 Pequot Ave.

Wednesdays: TBD

Thursdays: Thursday - Toby May Park, 636 Ocean Ave.



New London Recreation Department

KIDS SUMMER CAMP

JUNE 30 - AUG 8

9:00AM-3:00PM
*BEFORE AND AFTER CARE AVAILABLE



Ages 4-5 @ BP Learned,
Ages 6-9 @Bates Woods & @Harbor,
Ages 10-14 @Community Center

Field trips, lunch and breakfast, swim lessons, arts and crafts, games, and more!

www.newlondonrec.com

COOKING CLASSES

101 COOKING SERIES

A workshop series that gives a crash course in cooking! Please indicate any food allergies upon registration.

Instructor: Erika Gradecki

Date Information: Monday, July 8; 5:30 - 6:30 PM

Cost: \$30 Residents; \$40 Nonresidents

Age Requirements: Ages 18 and up

Location: Senior Center, 10 Brainard St.

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:

Session 1: Costa Rica; Tuesday, June 3; 5:30 - 7:00 PM

Session 2: Morocco; Monday, August 4; 5:30 - 7:00 PM

Cost: \$30 Residents; \$40 Nonresidents

Age Requirements: Ages 18 and up

Location: Senior Center, 10 Brainard St.

CHEF JUNIOR

Do you love food? Is cooking fun and interest to you? Then learn some tricks of the trade with a certified personal chef! Please indicate any food allergies upon registration and bring a hat and apron to class.

Instructor: Erika Gradecki

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

Session 1: Carnival Classics; June 4 - June 11

Session 2: Picnic Foods & Desserts Part II; July 2 - July 9

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 5-17

Location: Recreation Department, 111 Union St.

FALL RECREATION SOCCER LEAGUE

Our program is designed to inspire young athletes to develop their soccer skills while enjoying a fun, supportive, and engaging environment. FALL LEAGUE- 8 games w/ practices @Calkins

- ✓ VOLUNTEER COACHES NEEDED
- ✓ AGES 5-12
- ✓ PLAYER DEVELOPMENT, TEAMWORK, SPORTSMANSHIP AND FUN FOCUSED
- ✓ RUN BY NL RECREATION DEPT.

860-447-5230
WWW.NEWLONDONREC.COM

THE AFTERSCHOOL "HUB"

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.

860-447-5230
1 Recreation Way

ADULT FITNESS & DANCE

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
Runs until end of May

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.

IN THE CUT DANCE CLASS

This dance class is the reimaged concept of moving and grooving, examining three dance styles, speeds, and rhythms, exposing the student to culture through music and movement

Instructor: James Hodges

Date Information: Mondays, 6:00 - 7:30 PM

June 2 - July 8

Cost: \$45 Resident; \$55 Nonresident

Age Requirements: Ages 18 and up

Location: BP Learned, 40 Shaw St.

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—7:15 PM

June 10 - July 17

Cost: \$45 Residents; \$55 Nonresident

Age Requirements: Ages 18 and up

Location: Senior Center Dance Room, 10 Brainard St.

BODY SCULPT

Full body strength building class which is guaranteed to help you in changing your body composition. Whether you need to lose weight or just tone up, this class will be great for you!

Exercises are adaptable to people with varying fitness abilities. Exercise level: beginner to intermediate.

Instructor: Rachel Smith

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

June 11 - July 16

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Harbor School, 432 Montauk Ave.

CIRCUIT CIRCUS

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

Instructor: Cindy Lohr

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

June 23 - July 28

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

June 19 - July 24

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Harbor School, 432 Montauk Ave.

YOGA WORKSHOP WITH BRONWYN

Will focus on one of the seven chakras (main energy centers) in each class. We will explore the understanding of the subtle, energetic body while flowing through asana (body) poses and pranayama (breath) techniques that are especially suited to highlight each one. For any yoga ability.

Instructor: Bronwyn Hughes

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

June 11 - July 16

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 16 and up

Location: Harbor School, 432 Montauk

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

June 9 - July 28

Cost: \$55 Residents; \$65 Nonresidents

Age Requirements: Ages 18 and up

Location: Senior Center Dance Room, 10 Brainard 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

June 9 - July 28

Age Requirements: Ages 18 and up

Location: Senior Center Dance Room, 10 Brainard St.

YOGA WITH RACHEL

Class will take advantage of the weather and enjoy Yoga outside. 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

June 14 - July 26 (No July 5)

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Harbor Elementary School 432 Montauk Ave. (outdoor/indoor weather permitting)

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 3 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 Stanton Building book bank, and Little Free Libraries at Bates Woods Park, Green Harbor Beach, Mahan Park, Jennings School, Calkins Park, & Stanton Building lawn.

DIAPER BANK

NLYA distributes diapers to enrolled families, packaged per individualized needs. New registrants can complete forms on the Youth Affairs website: www.newlondonyouthaffairs.org. Please call the diaper bank cellphone at 959-242-4818 with related questions. In additions to office hours (M-F, 8:30-4), open hours are also available Mondays, 5-7 pm, 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/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 (Your Voice Counts, E3, Girls Circle, Boys Council), 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) 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.

