



NEW LONDON RECREATION



SUMMER 2026



CONNECT

1 RECREATION WAY, CT 06230 • 860-447-5230
NEW LONDON YOUTH AFFAIRS 860-442-4994
VISIT US ON THE WEB AT WWW.NEWLONDONREC.COM • REGISTER ONLINE!

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MESSAGE FROM THE DIRECTOR OF RECREATION

DEAR FAMILIES AND FRIENDS OF THE NEW LONDON RECREATION DEPARTMENT,

Summer in New London is an exciting time for our community, and we're looking forward to a great season ahead.

As school ends and schedules open up, our programs are in full swing. From summer camps and youth sports to swim lessons, fitness programs, and special events, we're focused on giving residents of all ages opportunities to stay active and connected.

Our camps and youth programs continue to provide safe, fun experiences for kids across the city. Aquatics remains a big part of what we offer, helping participants build confidence in the water while learning important life skills. You'll also see our parks, fields, and courts busy with leagues, clinics, and drop-in activities throughout the summer.

This summer, we're also proud to support the **Eastern CT Youth Employment & Training Program**, providing meaningful work opportunities and valuable experience for local youth while helping strengthen our programs and community.

Our Rec Mobile will also be out in parks and neighborhoods all summer long, bringing recreation directly into the

community—so stay tuned for where we'll be next.

We're committed to making sure our programs are welcoming and accessible for everyone. Thank you to our staff, families, and community partners who help make this work possible.

We hope you take advantage of everything New London Recreation has to offer this summer. We look forward to seeing you at the Community Center and out in the community.

Thank you,

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 Brosfoske, 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 Cortoreal, 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

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 23- June 18, 2026

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

June 19 – September 7, 2026

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.

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.

YOUTH SPORTS REGISTRATION

LITTLE LEAGUE

Girls Ages 4-16, Boys 4-13



SCAN ME

BABE RUTH

Ages 12 –18



SCAN ME

TRAVEL SOCCER

Girls and Boys Ages 8 - 14



SCAN ME

REC SOCCER

Girls and Boy Ages 5-12



SCAN ME

NL YOUTH FOOTBALL & CHEERLEADING

Girls Ages 6-17 and Boys Ages 5-14



SCAN ME

WHALING CITY FOOTBALL & CHEER

Ages 5-14



AQUATIC PROGRAMS

YOUTH SWIM LESSONS

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

Date Information: Visit www.newlondonrec.com for specific schedules for each level

Age Requirements: Ages 4 –14

Locations: Community Center, 1 Recreation Way*
Ocean Beach Park, 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 the level you are at. Beginner & intermediate swimmers welcome.

Date Information: Visit www.newlondonrec.com for specific schedules for each level

Age Requirements: 15 years and up

Locations: Community Center, 1 Recreation Way*
Ocean Beach Park, 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: Visit www.newlondonrec.com for specific schedules.

Age Requirements: Birth to 3

Locations: Community Center, 1 Recreation Way*
Ocean Beach Park, 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: Visit www.newlondonrec.com for specific schedules.

Age Requirements: Ages 3-5 years old

Locations: Community Center, 1 Recreation Way*
Ocean Beach Park, 98 Neptune Ave

SWIM LEVEL DESCRIPTIONS LOCATED ONLINE

*Membership not required.

MASTERS SWIMMING

Start your day strong with our Masters Swim Program! Designed for adult swimmers of all levels—from fitness swimmers to competitive athletes—this self-guided program offers structured workouts written by our coach and posted daily on the whiteboard. While there is no hands-on coaching or instruction, participants will have the flexibility to complete the workout at their own pace

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

Sessions: Monthly

Cost: \$50 Residents; \$55 Nonresidents

Age Requirements: Ages 18 and up

Location: Community Center, 1 Recreation Way

PRIVATE SWIM LESSONS

Private Lessons offer personalized, one-on-one instruction tailored to each student's unique needs and goals. Whether you're just starting out or looking to refine your technique, our certified instructors are here to help you succeed at your own pace.

Evaluation Required: All students must complete a 15-minute swim evaluation with one of our Certified Water Safety Instructors.. **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; 7:00 - 8:30 PM, Friday (6:15 -7:45 PM)

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

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

Location: Community Center, 1 Recreation Way*

WATER FITNESS CLASSES

SURF & TURF

Surf and Turf is a suitable for all ages. We spend half of the class on the pool deck and half the class in the pool. The support of the water helps to protect against injury while also supplying resistance .

Instructor: Rachel Smith

Date Information: Thursdays, 5:15 - 6:15 PM
July 9 - August 13

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 18 and up

Location: Ocean Beach Pool

WATER AEROBICS

Improve your fitness level, walk with others, and enjoy this low intensity activity that is easy on your joints

Instructor: Rachel Smith

Date Information: Tuesdays, 6:00- 7:00 PM
July 7 - August 11

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: TBD

AQUA TAI CHI

Come experience Tai Chi movement in the water! This gentle water flow class is designed for any fitness level.

Instructor: Dr. Lyn Litchke

Date Information: Thursdays, 6:15 - 7:00 PM
July 7 - August 13

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

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 23 - August 11

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 23 - August 13

Cost: \$55 Residents; \$65 Nonresidents

Age Requirements: Ages 4-17

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. Gymnastics will help your child develop physically and help to build listening skills and confidence.

Instructor: Cindy Lohr

Date Information: Tuesdays, 4:30 PM - 5:00PM OR 5:15 PM - 5:45 PM , July 21 - August 25

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
July 21 - August 25

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 5-10

Location: BP Learned, 40 Shaw Street

TEEN JAZZ

This upbeat jazz class is designed for middle and high school dancers who want to move, express themselves, and have fun. Dancers will explore expressive movement, rhythm, and performance skills while developing confidence in their abilities. **Instructor:** Rachel Antidormi

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

June 22 - July 27

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 13-17

Location: TBD.

KOREN KARATE

The goal of Tang Soo Do is to teach self-respect and respect

for others. This class will teach the Korean art of Tang Soo Do. Training is traditional encompassing the refinement of technique, hyung (forms) and dae ryan (sparring). physically and help to build listening skills and confidence.

Instructor: Roberto Padua

July 6 - July 28

Cost: \$20 Residents; 30 Nonresidents

Age Requirements: Ages 9+

REC SOCCER - MLS GO

NEW MLS Go Recreational Soccer League. This league will focus on developing skills, fair playing time for all, teamwork, leadership, sportsmanship, and having fun! Late fee applies July 31st, registration closes August 12th!

Coaches and referees can apply by emailing sbousquet@newlondonct.gov

Date Information: Registration opens June 1

Weekly practice on Wednesdays and a game on Saturday mornings. **Evaluations:** August 12

Season begins August 13. Games begin September 6.

July 6 - July 28

Cost: \$20 Residents; 30 Nonresidents

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

BEFORE SCHOOL

Do you need to get to work before the time the school day starts? Register early- registration opens July 1st.

Date Information: Mon-Fri, on school days, Sept-Jun monthly; 7:00 AM-start of school.

Cost: \$30 per week/resident, \$35 per week/nonresident
*Payment plan optional- pay week by week for the year

Age Requirements: Grades K-4

Location: Nathan Hale & Winthrop

UNIFIED SOCCER

An inclusive program for participants and their partners to com enjoy the game of soccer.

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

June 13 - July 11 (No July 4)

Cost: \$25 Residents; \$35 Nonresidents

Age Requirements: 7-14

Location: Fulton Park, 48 State Pier Road



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

860-447-5230
1 Recreation Way

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 -Wednesday, June 22 - June 24

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

Ages 14 - 17, 11:00 AM - 1:00 PM

Age Requirements: Ages 11-13 - 14-17

Cost: Monday - Wednesday \$80 Residents, \$90 Nonresidents Per Day; \$30 Residents; \$40 Nonresidents

Location: The Community Center, 1 Recreation Way*

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: Recreation Department Staff

Date Information: Monday -Friday, June 22-June 26

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: \$55 residents \$65 Nonresidents

Swim Camp Only: \$70 Residents; \$80 Non Residents

Combo - Soccer and Swim: \$125 Residents \$135 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 OR 12:30 - 3:00 PM

Session 1: August 10 - 14

Session 2: August 17 - 21

Age Requirements: Ages 5-17

Cost: \$130 Residents; \$140 Nonresidents

Location: The Community Center, 1 Recreation Way*

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 10 - 14

Age Requirements: Ages 5-10

Cost: \$130 Residents; \$140 Nonresidents

Location: The Community Center, 1 Recreation Way*

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, 9:30-11:30 AM

Locations:

Mondays: Winthrop Square - 59 Federal St.

Tuesdays: Green Harbor - 138 Pequot Ave.

Wednesdays: TBD

Thursdays - Toby May Park, 636 Ocean Ave.



NEW LONDON RECREATION

SUMMER PLAYGROUND PROGRAM

JUNE 29 - AUGUST 7
AGES 4 -14

AGES 4-5 @ BP
AGES 6-9 @ JENNINGS SCHOOL
AGES 10-14 FIELD TRIP PROGRAM @
NL COMMUNITY CENTER

\$85 PER WEEK - RESIDENTS
\$110 PER WEEK - NONRESIDENTS
PRICE INCREASES \$5 PER WEEK ON 6/15

OPTIONAL
BEFORE CARE \$30 PER WEEK
AFTER CARE \$30 PER WEEK

OUR ACTIVITIES
FREE SWIM LESSONS
FIELD TRIPS
NESS ADVENTURES
FREE BREAKFAST & LUNCH

SPACE IS LIMITED!

WWW.NEWLONDONREC.COM
860-447-5230

SCAN ME

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

July 9 - August 13

Cost: \$45 Residents; \$55 Nonresident

Age Requirements: Ages 18 and up

Location: Senior Center Dance Room, 10 Brainard St.

BOOT CAMP

Full body circuit strength building class. Whether you need to lose weight or just tone up, this class will be great for you!

Exercise level: beginner to intermediate.

Instructor: Rachel Smith

Date Information: Wednesdays, 6:15 - 7:15 PM

July 8 - August 12

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: BP Learned, 40 Shaw Street

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 29 - August 3

Cost: \$45 Residents; \$55 Nonresidents [Silver Sneakers Eligible](#)

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.

Instructor: Cindy Lohr

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

July 16 - August 20

Cost: \$45 Residents; \$55 Nonresidents [Silver Sneakers Eligible](#)

Age Requirements: Ages 16 and up

Location: BP Learned, 40 Shaw Street

YOGA WORKSHOP WITH BRONWYN

Each class is comprised of a unique yoga routine made up of classic yogic poses, asanas, that balance strengthening, stretching, and relaxation. Is intended to enhance mental and physical health through attentiveness and ease during activity and rest. No prior experience is required

Instructor: Bronwyn Hughes

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

July 1 - August 19

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 16 and up

Location: BP Learned, 40 Shaw Street

ADULT JAZZ FUNK

A dynamic and expressive dance experience centered on fluidity, confidence, and full-body movement

Instructor: Rachel Antidormi

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

June 22 - July 27

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 18 and up

Location: TBD

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, 5:30 - 6:30 PM

June 22 - July 27

Age Requirements: Ages 18 and up

Location: TBD

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. (outdoor/indoor weather permitting)

Instructor: Rachel Smith

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

June 20 - July 25

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: BP Learned, 40 Shaw Street.

LAUGHING 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: Mondays, 5:45 - 6:45 PM

June 22 - July 27

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 18 and up

Location: BP Learned, 40 Shaw Street

WEIGHTS & WAVES

Warm up on the boardwalk then be lead with a movement/strength workout based on your present fitness level. The class will use body weight and bands for the strength portion and the beauty of the beach for the stretch/meditation ending.

Instructor: Ann Marie Bartelli

Date Information: Tuesdays and Thursdays, 9:30-10:30 AM

June 23 - July 30

Cost: \$60 Residents; \$70 Nonresidents

Age Requirements: Ages 18 and up

Location: Ocean Beach Park, 98 Neptune Ave.

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

June 19 - July 24

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Community Center, 1 Recreation Way*

S.I.T (SENIORS IN TRAINING)

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; June 19 - July 24

Cost: 1X/2X Week; \$45/\$60 Residents; \$55/\$70 Nonresidents

Age Requirements: Ages 55 and up

Location: Community Center, 1 Recreation Way*

SPECIAL EVENTS

POOL PARTY PALOOZA

Join us for a night of music and fun in the community center.

Date Information: Saturday, June 20; 6:00-8:00 PM

Cost: \$5 per person

Age Requirements: All ages

Location: Community Center, 1 Recreation Way*

AQUA ADVENTURE NIGHT

Open swim and pool games!

Date Information: Saturday, July 11

6:00—8:00 PM

Cost: \$5 per person

Age Requirements: All ages

Location: Community Center, 1 Recreation Way*

SUMMER JAM AT THE CENTER

Gaga Pit, DJ, open gym, swimming, crafts, and food. Bring your kids, grandkids, nieces, nephews, friends.

Date Information: Saturday, July 25: 1:00 - 3:00 PM

Cost: Free

Age Requirements: All ages

Location: Community Center, 1 Recreation Way

CANNONBALL CARNIVAL

Family swim night Cannonball competition for all ages at 7 PM.

Date Information: Saturday, August 8; 7:00 - 8:00 PM

Cost: \$5 per person

Age Requirements: All ages

Location: Community Center, 1 Recreation Way*

REC THE NET—PICKLEBALL TOURNAMENT

Date Information: Sunday, July 19—Check in at 8:00am, Tournament starts at 9:00AM

Cost: \$40 per team

Age Requirements: 16 and up

Location: Community Center, 1 Recreation Way*

Proceeds from the tournament will support Recreation program scholarships for New London Residents

HOMETOWN SUMMER FEST

Back to school celebration! Gaga pit, open gym, swimming, crafts, and food! Free for all! Bring your kids, grandkids, nieces, nephews, and friends....

Date Information: Saturday, August 22; 1:00 - 3:00 PM

Cost: Free

Location: Community Center, 1 Recreation Way*

VOLLEYBALL PLAYDAY

Join us for a High School Playday.

Date Information: Saturday, August 8

8:00 AM - 4:00 PM (subject to change)

Cost: \$40 Residents, \$50 Nonresidents

Lunch included

Location: Community Center, 1 Recreation Way*

HIGH SCHOOL NIGHT OUT - GLO DANCE AND GYM GAMES

Open to grades 9 - 12 and rising freshman. Celebrate the summer with us!

Date Information: Saturday, June 27; 6:00 - 10:00 PM

Cost: Free - scan QR code to register

Location: Community Center, 1 Recreation Way*



HIGH SCHOOL NIGHT OUT - 3 V 3 BASKETBALL

Open to grades 9 - 12 and rising high school freshman. Celebrate the summer with us. Join us for food, basketball, music, swimming, and fun!

Date Information: Saturday, August 1; 6:00 - 10:00 PM

Cost: \$5 per person

Location: Community Center, 1 Recreation Way*

MIDDLE SCHOOL NIGHT OUT

Open to rising 6th graders through 8th grade. Summer version Pool party with a movie! Games in the gym

Date Information: Saturday, July 18; 6:00 - 10:00 PM

Cost: \$5 per person

Location: Community Center, 1 Recreation Way*

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:

Nigeria; Tuesday, August 11; 6-7:30 PM

Cost: \$35 Residents; \$45 Nonresidents

Age Requirements: Ages 18 and up

Location: Community Center, 1 Recreation Way*

KIDS COOKING WORKSHOPS

Instructor: Erika Gradecki

Date Information: 6:00 - 7:30 PM

Cheery Cheesecakes; Tuesday, June 9

Super Sliders; Wednesday, July 8

Boba Tea & Sweets; Wednesday July 15

Scratch Taco Night; Monday, August 19

Cost: \$35 Residents; \$45 Nonresidents

Age Requirements: Ages 5 - 17

Location: Community Center, 1 Recreation Way*

DAD'S IN THE KITCHEN

Is a hands on culinary arts program designed to empower fathers and father figures through practical cooking education while strengthening family bonds and promoting healthier lifestyles.

Instructor: James Clanton

Date Information: 6:00 - 8:00 PM

Mondays, June 22 - August 3

Cost: \$115 Residents; \$125 Nonresidents

Age Requirements: Ages 20 and up

Location: Community Center, 1 Recreation Way*

SWEET SKILLS

Hands on baking program designed for youth.

Instructor: Stephanie López

Date Information: 4:30 - 6:00 PM

Thursdays, June 25 - July 29

Cost: \$100 Residents; \$110 Nonresidents

Age Requirements: 10-16

Location: Community Center, 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. 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.

