



NEW LONDON RECREATION

WINTER 2025-2026



CONNECT

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

NEW LONDON YOUTH AFFAIRS 860-442-4994

VISIT US ON THE WEB AT WWW.NEWLONDONREC.COM • REGISTER ONLINE!

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MESSAGE FROM THE DIRECTOR OF RECREATION

DEAR FAMILIES AND FRIENDS OF THE NEW LONDON RECREATION DEPARTMENT,

As winter approaches and the year comes to a close, we are thrilled to welcome a new season of programs and opportunities for our community.

This winter marks another exciting chapter at the **New London Community Recreation Center**, and one of our biggest highlights is the launch of our **new Swim Team program** and expanded **swimming lessons**. For the first time, our community will have access to year-round aquatic programming right here in our own facility. Whether your child is learning to swim for the first time or looking to compete as part of a team, our aquatics programs are designed to build confidence, skill, and a lifelong love for the water.

Beyond the pool, we continue to offer a wide variety of recreation programs for all ages—basketball leagues, fitness classes, enrichment workshops, and family events. Our commitment remains the same: to provide safe, inclusive spaces where New London residents can learn, play, and grow together.

I want to thank our dedicated staff, supportive families,

and community partners for making this progress possible. Together, we are creating a stronger, healthier, and more connected New London.

Let's make this winter season one filled with growth, fun, and memories that will last a lifetime.

See you at the Community Center—or at one of our many programs across the city!

Warmly,

Joshua Posey
Director of Recreation
City of New London



FOLLOW US ON SOCIAL MEDIA

For the latest news and information regarding City of New London Recreation.



*Please contact us 2 wks. in advance of program with any special accommodation requests. We will make every effort to meet those needs so every child or adult can participate with success. 860-447-5230

HABLAMOS ESPAÑOL
PARA MÁS INFORMACIÓN
Llamar al 860-447-5230

REFUND/CANCELLATION POLICY

If the Recreation Department cancels a program/class, then a full refund will be given. If an individual decides to drop out of a course that he/she has already paid for, **a refund request must be made seven days prior to the first class session. He/she will be assessed a \$10 processing fee. No refunds will be given within seven days of the session beginning.** If a session is cancelled due to weather or other problems, an effort will be made to schedule a make-up session. If a make-up session cannot be scheduled, no partial refund will be made. Session fees cannot be prorated; therefore if you join a session after the start, you are responsible for the full payment.



INCLUSION STATEMENT

The City of New London Recreation Department provides recreation and leisure programs which are open to all residents in the City and seeks and supports participation by all citizens with a variety of interests and abilities. If you or a family member require special accommodations or support to participate in the New London Recreation Department programs, please contact us at least 5 business days prior to the start of class so we may make appropriate accommodations.

MISSION STATEMENT

To connect the community with resources that will enrich and enhance the quality of life of all individuals through healthy lifestyle initiatives, inclusive prevention services, and programs that encourage civic involvement and community partnerships. Safety of participants and staff is our number one priority.

***PROGRAM SCHEDULE AND FEES SUBJECT TO CHANGE**

NEW LONDON CITY INFORMATION

CITY COUNCIL

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

PARKS & RECREATION COMMISSION

Donna Bailey, Co-Chairperson | James Diaz-Saavedra Co-Chairperson | Norman Harrison | 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 Broszofske, Parks Crew Leader

RECREATION DEPARTMENT OFFICES

Main Office: Phone: 860-447-5230
Fax: 860-447-7956
Youth Affairs Office: Phone: 860-442-4994

RECREATION DEPARTMENT STAFF

Joshua Posey, Director of Recreation

RECREATION

Sharon Bousquet, Assistant Director of Recreation
Sally Brennan, Program Manager II
Tara Hannaford, Recreation Supervisor II
Tom Podeszwa, Aquatics & Recreation Coordinator
Zach Morales, Park Ranger
Rianna Rubino, Program Director
Andria Fraser, Program Director

YOUTH AFFAIRS

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

CITY YOUTH SPORTS LEAGUES

NEW LONDON YOUTH SOCCER CLUB

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

NEW LONDON LITTLE LEAGUE

Aimee Lee, President
NLLLpresident@gmail.com
newlondonlittleleague@gmail.com
newlondonlittleleague.com

NEW LONDON YOUTH FOOTBALL & CHEERLEADING

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

NEW LONDON BABE RUTH

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

CITY PARK GROUPS

The City is fortunate to have volunteer, non-profit groups to enhance our parks. To learn how you can help, contact:

SAVE OCEAN BEACH

Bill Lacey | 860-608-6009
steeringcommittee@saveoceanbeach.org
save-oceanbeachpark.org

RIVERSIDE PARK CONSERVANCY

Ronna Stuller
info@riversideparkconservancy.org
riversideparkconservancy.org

FRESH

McDonald Park & Community Garden
info@FRESHNEWLONDON.ORG

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.

BEFORE & AFTER 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. Payment plan option ends the 15th of each month.

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

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

Age Requirements: Grades PK-5

Location: Nathan Hale, Jennings, and Winthrop Elementary Schools

AFTER CARE

Offer afterschool programming at the New London Community Center starting directly afterschool, leaving all 3 elementary schools by bus every day school is in session. A payment plan is offered so you can register and reserve your child a spot all the way through the school year. Swimming lessons offered weekly on Wednesdays during aftercare (optional additional charge). Program will not take place on parent teacher conference days or half days but WILL take place on regular early release Wednesdays. Each participant is charged by the number of days of programming in the month

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

Cost: \$30 per week - payment plan offered - reserve your spot for the whole year and pay weekly. Must register by 15th of each month for payment plan

Age Requirements: Grades PK-5

Location: Nathan Hale, Jennings, and Winthrop Elementary Schools

YOUTH SPORTS REGISTRATION

LITTLE LEAGUE

Girls Ages 4-16, Boys 4-13



SCAN ME

BABE RUTH

Boys 13 -18



SCAN ME

TRAVEL SOCCER

Girls and Boys Ages 8 - 14



SCAN ME

REC SOCCER

Girls and Boy Ages 5-12



SCAN ME

YOUTH FOOTBALL & CHEERLEADING

Girls Ages 6-17 and Boys Ages 5-14



SCAN ME

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

Location: Community Center, 1 Recreation Way*

ADULT SWIM LESSONS

This class will focus on basic swim strokes to make all adults comfortable in the water and improve your strokes based on the level you are at. Beginner & intermediate swimmers welcome.

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

Age Requirements: 15 years and up

Location: Community Center, 1 Recreation Way*

BABY & ME

The goal of the class is to help make the child comfortable in the water. Parents will be in the water with their child 1:1. Children will participate in activities with songs, jumping into the water as able, using toys to have fun in the water, etc.

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

Age Requirements: Birth to 3

Location: Community Center, 1 Recreation Way*

PRESCHOOL SWIMMING

Parents must be in the water with their child for all Pre-school Aquatics Levels. These are designed to teach participants water safety as well as swimming skills that will help them to excel in our Level 1 youth swimming lessons.

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

Age Requirements: Ages 3-5 years old

Location: Community Center, 1 Recreation Way*

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. During this session, the instructor will assess the swimmer's skill level, discuss goals, and determine the most effective lesson plan. Based on the evaluation, the student will be paired with one of our certified instructors best suited to their needs. Private lessons are ideal for swimmers of all ages and abilities who prefer individualized attention and a customized learning experience. **Call 860-447-5230 to schedule your evaluation.**

SWIM TEAM (AGES 6-15)

Our Swim Team program is designed for young athletes ages 6 –15 who are ready to take their swimming to the next level in a fun, team-focused environment. This program emphasizes stroke development, endurance, teamwork, and sportsmanship—all while building confidence in the water.

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*

SWIM LEVEL DESCRIPTIONS LOCATED ONLINE

*Membership not required.

WATER FITNESS CLASSES

AQUATIC INTERVALS

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

Instructor: Cindy Lohr

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

Session 1: October 29 - December 3

Session 2: December 10 - January 21

Session 3: February 4 - March 11

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 18 and up

Location: Community Center, 1 Recreation Way*

WATER WALKING

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

Instructor: Leona Podeszwa

Date Information: Thursdays, 7:00 - 7:45 PM

October 30 - December 11 (no class 11/27)

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 18 and up

Location: Community Center, 1 Recreation Way*

AQUA TAI CHI

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

Instructor: Dr. Lyn Litchke

Date Information: Mondays, 10:00 - 10:50 AM
January 12 - February 16

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Community Center, 1 Recreation Way*

WATER AEROBICS

Make a splash while getting fit! Water aerobics is a low-impact, high-energy workout designed for all fitness levels. Combines cardiovascular conditioning, strength training and flexibility using the resistance of the water.

Instructor: Rachel Smith

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

Session 1: November 4 - December 9

Session 2: December 16 - January 20

Session 3: February 3 - March 10

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 16 and up

Location: Community Center, 1 Recreation Way*

SURF & TURF WITH RACHEL

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

Instructor: Rachel Smith

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

Session 1: November 7 - December 19 (No class 11/28)

Session 2: January 2 - February 3

Session 3: February 13 - March 20

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 18 and up

Location: Community Center, 1 Recreation Way*

SURF & TURF WITH CINDY

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

Instructor: Cindy Lohr

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

Session 1: October 27 - December 1

Session 2: December 15 - January 19

Session 3: February 2 - March 9

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 18 and up

Location: Community Center, 1 Recreation Way*

YOUTH CAMPS

PRESCHOOL CAMP DAYS

Campers will have the opportunity to make new friends, learn new skills, and get some exercise. Each day a snack is provided. Focus on gross and fine motor skills, sensory activities and reading.

Participants must be potty trained.

Instructor: Rianna Rubino

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

Session 1: November 4 - Night Owls and Friends

Session 2: November 11 - Thankful for You

Session 3: February 17 - Founding Friends

Cost: \$35 Residents; \$40 Nonresidents

Age Requirements: Ages 2.5 - 5

Location: Harbor School, 432 Montauk Ave.

WINTER PRESCHOOL CAMP

WINTER WONDERLAND! Come join us as we bring the magic of winter indoors. We will explore all that winter brings. No mittens required to play with our snow. **Participants must be potty trained.**

Instructor: Rianna Rubino

Date Information: 9:00 AM - 12:00PM, 12/22-12/24 & 12/29-12/31

Cost: \$75 Residents; \$95 Nonresidents

Age Requirements: Ages 2.5 - 5

Location: Harbor School, 432 Montauk Ave.

YEAR ROUND CAMP

Join us for the two week break when year round school is off! We will provide swimming lessons, free swim, games, group activities, arts and crafts, food, and activities to keep busy. The program will take place in Community Center and is open to all children in the year round program. The program runs 8:00AM-3:00 PM.

Instructor: Recreation Department Staff

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

Session 1: February Break; Feb. 18 - 20 & Feb. 23 - 27 Can register for one or two weeks

Cost: \$28 per day

Location: Community Center, 1 Recreation Way*

VACATION CAMP DAYS

Is your child looking for a chance to get out of the house during vacation? Looking to spend time with their friends? New London Recreation is offering vacation camps/special events during the December school vacation. Arts and Crafts, field trips, group games, board games, sports, and other activities will be offered for participants. Limited space.

Date Information: 8:00 AM - 4:00PM

December 22, 23, 26, 29, 30 & January 2, 5, & 6

Cost: \$20 per day, Residents; \$30 per day, Nonresidents

Age Requirements: Ages 4 - 5 & 6 - 10

Location: BP Learned, 40 Shaw Street.

SUMMER PLAYGROUND PROGRAM- Registration will open February 1st!

If you register Feb-June 12, weekly payment plans will be available. Limited scholarships available. Limited places at each site. Cost will increase June 14th! A \$5 late fee will be applied after June 14, per registration, per week.

2026 Summer Playground Program

6 weeks of camp starting June 29! Program is for ages 4-14. Breakfast & lunch are provided. Ages 4-5 and 6-9 activities include daily arts and crafts, playing outdoors, swimming lessons, board games, and field trips. The 10-14 program will include multiple field trips per week.

Before and after care to be held for additional cost. RAIN or SHINE.

YOUTH ENRICHMENT & DANCE

KOREAN KARATE

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

January 13 - March 26

Dragons: 7:00-7:30 PM, Beginner 7:30 - 8:30 PM, Intermediate 7:30 - 8:30 PM

Cost: \$90 Residents; \$100 Nonresident 2 x Week

\$60 Resident; \$70; Nonresident 1 x Week

Age Requirements: Dragons: Ages 7-8, Traditional 9 and older

Location: BP Learned, 40 Shaw St.

FUTSAL/INDOOR SOCCER

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

Instructor: Recreation Department Staff

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

Session 1: November 5-December 17 (no 11/26)

Session 2: January 7 - February 11

Session 3: February 25 - April 1

Cost: \$40 Residents; \$50 Nonresidents

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

Location: Jennings School, 50 Mercer St.

BALLET

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

Instructor: Amanda Darling

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

Session 1: November 18 - January 6

Session 2: January 20 - March 10

Cost: \$45 Resident; \$55 Nonresident

Age Requirements: Ages 4-17 years old

Location: Senior Center Dance Room, 10 Brainard St.

RHYTHM & SYNC TAP

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

Instructor: Amanda Darling

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

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

Session 2: January 27 - March 19

Cost: \$55 Residents; \$65 Nonresidents

Age Requirements: Ages 4-17

Location: Senior Center Dance Room, 10 Brainard St.

ADVANCED RHYTHM & TAP DANCE

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

Instructor: Amanda Darling

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

Session 1: November 18 - December 23

Session 2: January 20 - February 24

Cost: \$60 Residents; \$70 Nonresidents

Age Requirements: Ages 10-17

Location: Senior Center Dance Room, 10 Brainard St.

TINY TUMBLERS (GYMNASTICS)

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

Instructor: Cindy Lohr

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

Session 1: October 28 - December 2

Session 2: December 16 - January 20

Session 3: February 3 - March 10

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 4-8

Location: Community Center, 1 Recreation Way* (subject to change)

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.

December 12: Holiday and Dance Party

February 13: Valentine's Craft followed by Movie Night

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

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

Age Requirements: Ages 4-10

Location: BP Learned, 40 Shaw St.

HIGH SCHOOL & MIDDLE SCHOOL NIGHT OUT @NLCRC

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

Date Information:

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

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

Time: 6:00-10:00 PM

Cost: FREE, bring your student ID

Location: NL Community Recreation Center, 1 Recreation Way*

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

TEEN CENTER

All middle school students welcome. Games, swimming, open gym time, and more. Snack included.

Date Information: Fridays, 2:30 (after school) - 5:00PM

January 9 - February 27, 2026

Cost: \$50 Residents; \$55 Non Residents; 8 weeks

Age Requirements: Grades 6 - 8

Location: New London Community Center, 1 Recreation Way

TENNIS IN THE PARK

The program will focus on developing the skills to serve, rally, and play.

Instructor: Andre Danford

Date Information: Saturdays, November 8 - December 13

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

Cost: \$30 Residents; \$40 Non Residents

Age Requirements: Grades 3-5, 6-8

Location: Community Center, 1 Recreation Way

CLAYTASTIC

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

Instructor: Rianna Rubino

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

Session 1: October 28 - December 9 (No class 11/11 & 11/25)

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 5 - 10

Location: Harbor School, 432 Montauk Ave.

S.T.E.A.M LAB

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

Instructor: Rianna Rubino

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

Session 1: October 28 - December 9 (No class 11/25)

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 5 - 10

Location: Harbor School, 432 Montauk Ave.

SCENE MAKERS STUDIO

Build your own miniature world. Young artist will create a three dimensional scene inside a box, diorama. Each week we will add to our world's using all sorts of materials. From paint to clay we will bring scenes to life.

Instructor: Rianna Rubino

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

January 8 - February 26

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 5 - 10

Location: Harbor School, 432 Montauk Ave.

YOUNG READERS BOOK CLUB

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

Instructor: Rianna Rubino

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

Session 1: October 26 - December 7

Session 2: January 11 - February 22

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 2 - 6

Location: Harbor School, 432 Montauk Ave.

MESSY MASTERS ART CLASS

Who wants to finger paint and spread shaving cream over their paper? We will fully immerse ourselves in our art. We will be exploring different materials and textures.

Instructor: Rianna Rubino

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

Session 2: October 27 - November 24

Cost: \$35 Residents; \$45 Nonresidents

Age Requirements: Ages 2 - 6

Location: Harbor School, 432 Montauk Ave.

THE ART LAB

Open Space Art Days, where young artist get to create, explore and socialize. Your young creator will have access to a wide variety of materials. You are the master of your creation. What will you make?

Instructor: Rianna Rubino

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

January 12 & 26 and February 2 & 9

Cost: \$10 per day Residents; \$15 per day Nonresidents

Age Requirements: Ages 2 - 7

Location: Harbor School, 432 Montauk Ave.

BOWLING

Focuses on teaching the fundamentals of bowling to youth athletes before graduating into a competitive league. Learning everything from etiquette to a four-step approach.

Instructor: United States Coast Guard Instructor

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

November 3 - December 22

Cost: \$60 Residents; \$70 Nonresidents

Age Requirements: Ages 10 -16

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

GOLF

Learn the basics of putting, chipping, and driving.

Instructor: Mark LaPietra

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

Session 1: November 3 - December 8

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 9 - 13

Location: BP Learned, 40 Shaw St.

INFANT MASSAGE CLASS

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

Instructor: Aimee Wood

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

Session 1: November 12 - December 17

Session 2: January 14 - February 18

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Birth to 12 months

Location: Nathan Hale School, 37 Beech Drive

PRESCHOOL SPORTS

Parent and child classes focus on sport specific skills.

Instructor: Recreation Department Staff

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

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

Basketball: January 14 - February 18; 5-6 PM OR 6 -7 PM

Cost: \$40 Residents; \$50 Nonresidents

Age Requirements: Ages 3-5

Location: BP Learned, 40 Shaw St.

VOLLEYBALL

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

Instructor: Jennifer Sullivan

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

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

January 8 - February 12

Cost: \$45 Residents; \$55 Nonresidents

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

Location: Jennings Elementary School, 50 Mercer Street

BASKETBALL

GIRLS BASKETBALL LEAGUE

The girls league is part of a regional program in which New London teams will be playing other towns. Practice begins November 19. Games begin December 6

Date Information: Registration Deadline - November 6
Skill Evaluations: Thursday, November 6 at Bennie Dover Middle School 5:30 PM Ages 12-15; 6:00 PM Ages 10-11; 6:30 PM Ages 8 - 9. Ages as of 12/31/25

Cost: \$65 Residents; \$90 Nonresidents

A \$5 late fee begins November 6

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

Locations: Practice at Community Center *subject to change

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

BOYS PRE-TEEN BASKETBALL LEAGUE

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

Date Information: Registration Deadline - November 15
Skill Evaluations: November 10 and 12 at Bennie Dover Middle School. 5:30 - 7:30pm

Cost: \$65 Residents; \$90 Nonresidents - late fee begins 11/14

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

Locations: Bennie Dover Middle School, 36 Waller St.

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

BOYS SENIOR LEAGUE

Games on weekends, practice during the week. New players are required to take part in an evaluation. Practice begins in January. Games begin mid January.

Date Information: Registration Deadline - December 10

Skill Evaluations: December 8 or 10

Cost: \$65 Residents; \$90 Nonresidents

A \$5 late fee begins December 11

Age Requirements: 13-15 Ages as of 12/31/25

Locations: Bennie Dover Middle School, 36 Waller St.

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

INSTRUCTIONAL BASKETBALL

Coed basketball program for Ages 7-8. Modified games will be played with coaches on the court to provide assistance when necessary. Practice begins December 8. Practices and games will be on Mondays and/or Wednesdays.

Date Information: Registration Deadline - December 1

Skill Evaluations: Monday, December 1, 5:30 PM Age 7, 6:00 PM Age 8, Ages as of 12/31/25; Girls Age 8 should register for the Girls Basketball League.

Cost: \$50 Residents; \$60 Nonresidents

A \$5 late fee begins December 1

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

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

MUNCHKIN BASKETBALL

Program for children to learn the basics of basketball while having fun. Participants will rotate around from station to station with fun games and warm ups done as a group.

Date Information: Fridays, January 9 - February 13

Cost: \$30 Residents; \$40 Nonresidents

Age Requirements: 5-6 Ages as of 12/31/25

Locations: Jennings School, 50 Mercer Street

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



**MORE BASKETBALL DETAILS AT
WWW.NEWLONDONREC.COM**

COOKING

101 COOKING SERIES

A workshop series that gives a crash course in cooking!

November 4: Soups 101; January 13 Baking 101

Instructor: Erika Gradecki

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

Cost: \$35 Residents; \$45 Nonresidents

Age Requirements: Ages 18 and up

Location: Community Center, 1 Recreation Way

INTERNATIONAL COOKING WORKSHOP

February 3: Poland

Instructor: Erika Gradecki

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

Cost: \$35 Residents; \$45 Nonresidents

Age Requirements: Ages 18 and up

Location: Community Center, 1 Recreation Way*

KIDS COOKING WORKSHOPS

November 3: Holiday Pies

Instructor: Erika Gradecki

Date Information: 5:30-7:00 PM

Cost: \$35 Residents; \$45 Nonresidents

Age Requirements: Ages 5 - 17

Location: Community Center, 1 Recreation Way*

ADULT HOLIDAY WORKSHOPS

November 18: Holiday Pies

Instructor: Erika Gradecki

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

Cost: \$35 Residents; \$45 Nonresidents

Age Requirements: Ages 18 and up

Location: Community Center, 1 Recreation Way*

CHEF JUNIOR

Instructor: Erika Gradecki

Date Information:

Session 1: TV & Movie Creations - November 5 - November 12

Session 2: Souper Soups- January 7- January 28

Session 3: One Pot Meals February 4 - February 25

Wednesdays: See website

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 5-17

Location: Community Center, 1 Recreation Way

ADULT ENRICHMENT & DANCE

STAND UP COMEDY & WRITING

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

Instructor: David Iscoe

Date Information: Tuesdays, 6:00 - 8:30 PM
January 27 - March 17

Cost: \$135 Residents; \$145 Nonresidents

Age Requirements: Ages 18 and up

Location: BP Learned, 40 Shaw St.

PICKLEBALL OPEN GYM

An opportunity for individuals to play pickleball indoors. Register for Open Gym at www.newlondonrec.com is required in order to be approved on TeamReach App.

Date Information: Mondays, Wednesday, Thursdays, 5:30-7:00 PM, 7:00-8:30 PM., Sundays 9:30 - 11:30 AM

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: Community Center, 1 Recreation Way*

IN THE CUT DANCE CLASS

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

Instructor: James Hodge

Date Information: Mondays, 6:15 - 7:45 PM

Session 1: November 3 - December 8

Session 2: January 12 - February 23

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 18 and up

Location: BP Learned, 40 Shaw Street

ADULT TAP DANCING

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

Instructor: Amanda Darling

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

January 22 - February 28

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 18 and up

Location: Senior Center Dance Room, 10 Brainard St.

BOOT CAMP

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

Instructor: Rachel Smith

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

Session 1: November 6 - December 18 (No class 11/27)

Session 2: January 8 - February 12

Session 3: February 26 - April 2

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Community Center, 1 Recreation Way*

YOGA WITH RACHEL

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

Instructor: Rachel Smith

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

Session 1: November 6 - December 13

Session 2: December 20 - January 24

Session 3: February 7 - March 14

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Community Center, 1 Recreation Way*

YOGA WITH BRONWYN

Each class is comprised of a unique yoga routine made up of classic yogic poses, asanas, that balance strengthening, stretching, and relaxation. The practice is intended to enhance mental and physical health through attentiveness and ease during activity and rest. No prior experience is required as the classes are designed to simultaneously appeal to wide range of experience levels, but with each student receiving tailored attention as needed.

Instructor: Bronwyn Hughes

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

Session 1: November 5 - December 17

Session 2: January 7 - February 18

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 18 and up

Location: Nathan Hale School, 37 Beech Drive

ADULT CONTEMPORARY LYRICAL DANCE

A 60 minute adult contemporary/lyrical dance class. Previous dance experience helpful but not required. Class is designed for advanced beginner to intermediate students.

Instructor: Sue Greenleaf

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

January 14 - February 18

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 18 and up

Location: Senior Center Dance Room, 10 Brainard St.

TAI CHI

blends the slow flowing graceful movements paired with the breath for a full mind-body experience.

Instructor: Dr. Lyn Litchke

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

January 14 - February 28

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Community Center, 1 Recreation Way*

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: December 2 - December 30

Session 2: January 6 - February 10

Session 3: February 17 - March 24

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 18 and up

Location: Community Center, 1 Recreation Way*

INTERVAL TRAINING WITH RACHEL

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

Instructor: Rachel Smith

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

Session 1: November 7 - December 19 (No 11/28)

Session 2: January 9 - February 13

Session 3: February 27 - April 3

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Community Center, 1 Recreation Way*

CIRCUS CIRCUIT

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

Instructor: Cindy Lohr

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

Session 1: November 3 - December 8

Session 2: December 22 - January 26

Session 3: February 2 - March 9

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Community Center, 1 Recreation Way*

SBF TRAINING

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

Instructor: Cindy Lohr

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

Session 1: October 30 - December 4

Session 2: January 8 - February 12

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Community Center, 1 Recreation Way*

NOON BREAK

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

Instructor: Cindy Lohr

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

Session 1: October 28 - December 9 (No class 11/28)

Session 2: January 6 - February 13

Cost: \$50 Residents; \$60 Nonresidents

Age Requirements: Ages 16 and up

Location: Community Center, 1 Recreation Way*

FITNESS FUSION

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

Instructor: Cindy Lohr

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

Session 1: October 30 - December 11 (No class 11/27)

Session 2: January 8 - February 12

Session 3: February 26 - April 2

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Community Center, 1 Recreation Way*

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, 7:15 - 8:15 PM

December 1 - January 26 (no class 1/19)

Cost: \$55 Residents; \$65 Nonresidents

Age Requirements: Ages 18 and up

Location: Senior Center Dance Room, 10 Brainard St.

BELLY DANCE

Offering beginner and intermediate classes

Instructor: Raquel Murphy

Date Information: Mondays, December 1 - January 26 (no class 1/19)

Beginner 5:00 - 6:00 PM; Intermediate 6:00 - 7:00 PM

Age Requirements: Ages 18 and up

Location: Senior Center Dance Room, 10 Brainard St.

PICKLEBALL

Learn and improve your pickleball game with this great 6 week class!

Instructor: Theresa Tuthill

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

Session 1: November 18 - December 23

Session 2: January 13 - February 17

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 16 and up

Location: Harbor School, 432 Montauk Ave.

CHESS CLUB

Open to all skill levels and ages

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

Session 1: November 20 - December 18 (no 11/27)

Session 2: January 8 - January 29

Cost: \$10 Residents; \$10 Nonresidents

Age Requirements: Ages 16 and up

Location: Harbor School, 432 Montauk Ave.

**STAY TUNED FOR ADULT TENNIS BY
VISITING WWW.NEWLONDONREC.COM**

SENIOR SPOTLIGHT

SIT (SENIORS IN TRAINING)

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

Instructor: Cindy Lohr

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

Session 1: October 28 - December 9 (No class 11/28)

Session 2: January 6 - February 13

Cost: \$60 Residents; \$70 Nonresidents

Age Requirements: Ages 55 and up

Location: Community Center, 1 Recreation Way*

PICKLEBALL FOR SENIORS

Instructor: Karen Beckwith

Date Information: Thursdays, 1:00 - 2:00 PM

Session 1: November 6 - December 18

Session 2: January 8 - February 12

Cost: \$45 Residents; \$55 Nonresidents

Age Requirements: Ages 55 and up

Location: Community Center, 1 Recreation Way*

BINGO TUESDAYS

Date Information: Tuesdays, 10:30 - 11:30 AM

Starts November 18

Cost: \$1 a card

Age Requirements: Ages 55 and up

Location: Community Center, 1 Recreation Way*

Reserve Spot at www.newlondonrec.com

CRAFTY WEDNESDAYS

Join us for a variety of craft projects from painting to ornament decorating

Date Information: Wednesdays, 10:30 - 11:30 AM

Session: 1 November 26 - December 17

Session 2: January 7 - January 28

Session 3: February 4 - February 25

Cost: \$20 Residents; \$25 Nonresidents

Age Requirements: Ages 55 and up

Location: Community Center, 1 Recreation Way*

BOOK CLUB

Every 4 weeks we will choose a book and meet weekly to discuss

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

Session: 1 November 24 - December 15

Session 2: January 5 - January 26

Session 3: February 32 - February 23

Cost: \$10 Residents; \$15 Nonresidents

Age Requirements: Ages 55 and up

Location: Community Center, 1 Recreation Way*

SOCIAL CLUB

Join us for cards and scrabble Thursdays and Fridays

Date Information: Thursdays & Fridays 10:30 - 11:30 AM

Age Requirements: Ages 55 and up

Location: Community Center, 1 Recreation Way*

*NO MEMBERSHIP REQUIRED

EDUCATION & CERTIFICATIONS

CPR/FIRST AID/AED - ADULT AND PEDIATRIC

The New London Recreation Department's First Aid/CPR/AED program is designed to help participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies. Participants will receive Red Cross CPR certification upon successful completion of the program.

Instructor: Tommy Podeszwa

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

Session 1: December 13

Session 2: January 10

Session 3: February 21

Cost: \$75 Residents; \$85 Nonresidents

Age Requirements: Ages 15 and up

Location: Community Center, 1 Recreation Way

BABYSITTING CERTIFICATION

Does your teen or preteen want to babysit? 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: Tuesdays and Thursdays, 5:00 - 7:00 PM

Session 1: November 11 - November 13

Session 2: February 10 - February 12

Cost: \$65 Residents; \$75 Nonresidents

Age Requirements: Ages 11 - 16

Location: Community Center, 1 Recreation Way

LIFEGUARD CERTIFICATION

The primary purpose of the Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. This program includes Lifeguarding, First Aid, CPR, and AED training. Participants who successfully complete the course will receive certification(s). Participants must meet minimum swim requirements

Instructor: Tommy Podeszwa

Date Information: Tuesdays, Thursdays, and Saturdays

Class is 6:45 - 9:00 PM on T/R and 8:45 AM - 4:15 PM on Sat.

January 13 - January 31

Cost: \$200 Residents; \$250 Nonresidents

Age Requirements: Ages 15 and up

Location: Community Center, 1 Recreation Way

CPR/FIRST AID for groups

Contact Thomas Podeszwa at 860-447-5230 or email at tpodeszwa@newlondonct.org

Discover What Awaits at New London Community Recreation Center

The New London Community Recreation Center is here to support you in reaching your fitness goals and living your healthiest, strongest life. Explore everything we offer to connect with your community and stay active. Sign up today!

Membership benefits include:

- FREE fitness assessment
- State-of-the-art functional, strength, and cardio equipment
- Access to family swim and open gym
- Fitness equipment orientation
- Locker rooms with refreshing showers, complete with body wash and shampoo
- 40+ group exercise classes
- Personal training and personalized fitness plan
- Virtual programming

Exciting amenities are available for you and your family:

- 8-lane competition pool
- Basketball courts and rentals
- Pickleball and volleyball courts
- Sports performance zone and batting cages
- Rental space for community events
- Aquatic programs featuring private and group swim lessons
- Youth programming and birthday parties
- Childcare services
- *And much more!*

Additional fees may apply.

We offer special membership options for individuals, couples, families, youths, and seniors to meet your health and wellness needs. Memberships are all inclusive with no hidden fees or long-term contracts.



Begin your journey with our vibrant community!
FOR MORE INFORMATION OR TO JOIN,
scan the QR code or visit **newlondonreccenter.com**.

NewLondonCommunityRecreationCenter | 1RecreationWay, NewLondon, CT 06320

NLR-3765400_0925

SPECIAL EVENTS

ZUMBATHON—FALL BACK INTO ZUMBA

Join us for an energy-filled afternoon of Zumba® featuring some of Southeastern Connecticut's top instructors. Zumba, which means "to move fast and have fun," is a dance-based fitness class that works every muscle in your body. Participants will enjoy choreographed routines inspired by samba, salsa, reggaeton, bachata, and more.

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

Date Information: Sunday, November 2

Check in at 11:00am, Zumbathon 12-2:00pm

Cost: Early Registration \$20, Day off Registration \$25

Age Requirements: 16 and up

Location: New London High School, 20 Chester Street

REC THE NET—PICKLEBALL TOURNAMENT

Date Information: Sunday, November 16—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

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

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

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

Location: Tox Brewing, 123 Bank Street, New London

Includes: Race Shirt, ticket for free Slice of Pizza, Beer (21 and over) or Root Beer, provided by Tox Brewing

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

INTERGENERATIONAL NIGHT

Calling all caregivers, parents, and grandparents! This is your chance to come participate and spend time with the child/ren in your life

Date Information: January 24

Location: Community Center, 1 Recreation Way*

UNIFIED NIGHT

Join us for adaptive activities, sensory activities, time to play and more!

Date Information: February 7

Cost: \$40 per team

Age Requirements: All Ages

Location: Community Center, 1 Recreation Way*

VALENTINE'S DINNER & DANCE

Date Information: February 14

Age Requirements: 50 and older

Location: Community Center, 1 Recreation Way

LGBTQ+ PRIDE NIGHT

Welcome to all supporting community—celebration being welcome here.

Date Information: February 21

Age Requirement: 18 and up

Location: Community Center, 1 Recreation Way*

OH MY GOURD! IT'S A HALLOWEEN PARTY

NL Recreation Department Halloween Party at the New London Community Center. Calling all Families! We've been dying to see you! Come explore the New London Community scenter with our donut eating from a string, mask making, slime making, Halloween cookie decorating, gaga pit games, and more!

Date Information: Saturday, October 25; 1:00-4:00 PM, Gaga Pit 1:30-3:00 PM

Cost: Free, Donations accepted toward our scholarship fund

Location: Community Center, 1 Recreation Way*

HOLIDAY HOOPLA!

Join us at the New London Community Center for a Holiday Festival featuring food, games, and much more! Stay tuned for details at www.newlondonrec.com

Date Information: Sunday, December 21; 1:00-4:00 PM,

Cost: Free, Donations accepted toward our scholarship fund

Location: Community Center, 1 Recreation Way*

VOLLEYBALL PLAYDAY

Join us for a middle school Playday. More info at www.newlondonrec.com

Date Information: February 21 & 22

Location: Community Center, 1 Recreation Way*

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

WHALES 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), FWSN, AND SCHOOL ATTENDANCE PROMOTION

FAMILY/COMMUNITY EVENTS

SCAN THE QR CODE FOR MORE YOUTH AFFAIRS INFO