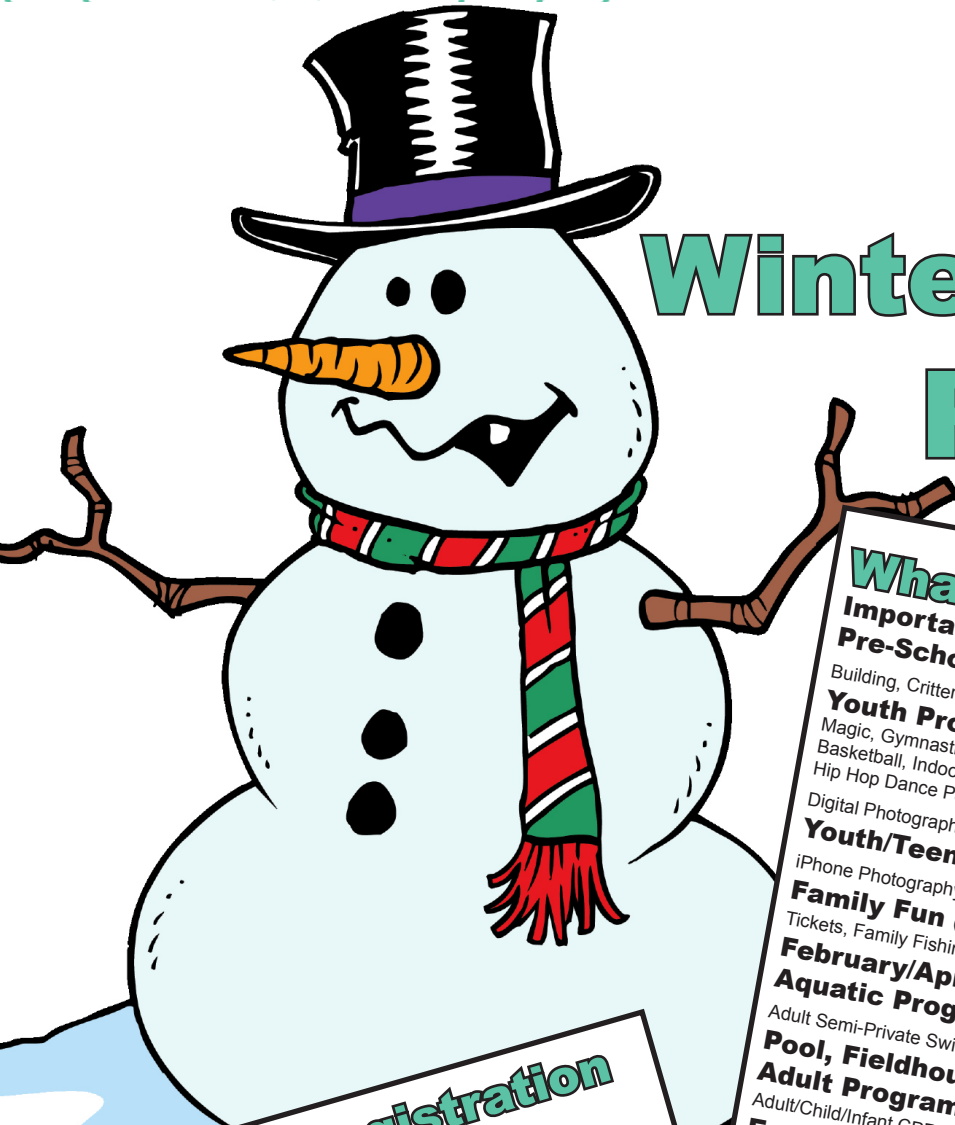


# HK Recreation Department

Haddam-Killingworth Recreation Dept.  
91 Little City Road  
P.O. Box 569  
Higganum, CT 06441

Phone: 860-345-8334  
Fax: 860-345-3842  
www.hkrec.com



# 2014 Winter / Spring Programs

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## On-line Registration

Create a household membership with the HK Recreation Department! Register on-line for most programs at <http://hkrec.recdesk.com/recdeskportal/>.  
On-line Registration will be available for programs in this brochure beginning December 9th.

## Get Connected!

Visit us on-line at [www.hkrec.com](http://www.hkrec.com) and view our Daily Activity Calendar.

Follow us on Facebook!  
[www.facebook.com/HKRec](http://www.facebook.com/HKRec)





# Important Information

## Our Mission

The Haddam-Killingworth Recreation Department's goal is to provide a comprehensive year-round recreational program which meets the needs of the individuals in the community. The department strives to provide positive recreational experiences which contribute to the individual's physical, social, emotional, creative, cultural, and educational growth and development in order to enrich the quality of life.

## How to Register

You can register for most programs in-person, by mail, or on-line. All programs are on a first come, first served basis. **Registrations must include a completed form and payment.** Our new RecDesk system does send out a confirmation e-mail once you are registered. Please make checks payable to the HK Recreation Dept. Returned checks will be charged a bank fee.

## On-line Registration / Membership

Participants can create a household membership for easy registration. Members will be able to view their program and registration history, as well as register for most programs from the convenience of home! It is very similar to internet shopping!

**Step 1:** Go to [www.hkrec.com](http://www.hkrec.com) and click on our Registration info. page. Click on the link to our RecDesk page. Or paste <http://hkrec.recdesk.com/recdeskportal/> into your browser.

**Step 2:** Register as a new member. Create a login name and password. Fill in your information and add additional family members in your household to your profile. (Your computer's cookies should be enabled in order for this to work).

**Step 3:** Now you can easily register for available programs.

## Fees / Refund Policy

When fees are charged, payment is due at the time of registration. Refunds will be given if requested at least 72 hours prior to the start of classes, or other designated activities, unless otherwise stated at program registration. There will be a \$2 service fee, plus there may be extra processing fees if you paid by credit card. However, there will be no refunds on excursions two weeks prior to the trip. Once an activity has begun, there will be no refunds except in the case of illness, injury or relocation. Refunds will then be given on a pro-rated basis. Refunds will be given if a program is cancelled due to insufficient enrollment.

## Key Code - Facilities

HK HS.....Haddam-Killingworth High School  
HK Old MS.....Haddam-Killingworth Old Middle School  
HK New MS.....Haddam-Killingworth New Middle School  
HES.....Haddam Elementary School  
BES.....Burr Elementary School  
KES.....Killingworth Elementary School

## HK Recreation Department Staff

**Frank J. Sparks, III**.....Director of Recreation  
frank@hkrec.com  
**Robyne Brennan**.....Assistant Director of Recreation  
robayne@hkrec.com  
**Jen Saglio**.....Director of Child Care  
jen@hkrec.com  
**Sheila Benoit**.....Administrative Assistant  
sheila@hkrec.com

## HK Recreation Authority

Dan Colonia, Chairman  
William Bowles  
Bill Burley  
Robert Fitzgerald  
Rob Grasso  
Tony Sledzik  
Lisa Wiese

### Upcoming Meetings:

Meetings are held on  
Wednesdays at 7:30 PM  
1/22, 2/26, 3/26, 4/23, 5/28

## Numbers Most Often Requested

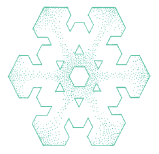
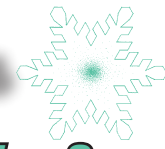
Haddam Town Hall.....860-345-8531  
Killingworth Town Hall.....860-663-1765  
BES After School Program.....860-345-4692  
HES After School Program.....860-301-0146  
KES After School Program.....860-301-1050  
HK Soccer Club [www.hksoccer.org](http://www.hksoccer.org)  
(Kirk Whiteman - President).....860-301-2274  
HK Youth Lacrosse [www.hkyouthlax.org](http://www.hkyouthlax.org)  
(Mike Civiello - President).....860-452-4163  
HK Cougars Football [www.hkcougars.com](http://www.hkcougars.com)  
(Peter Sonski - President).....president@hkcougars.com  
HK Travel Basketball.....860-982-3000  
(Eric Rettberg - President) [www.hktbasketball@aol.com](mailto:www.hktbasketball@aol.com)  
Haddam Little League [www.haddamlittleleague.org](http://www.haddamlittleleague.org)  
(Mike Stevens - President) [info@haddamlittleleague.org](mailto:info@haddamlittleleague.org)  
Killingworth Little League (Dan Glynn).....203-605-8863  
Cougar Aquatic Swim Team (CAT) [www.catswim.com](http://www.catswim.com)  
(Deb Whiteley - Manager).....860-345-7365  
Youth and Family Services.....860-345-7498  
DEP - Boating Division.....860-434-9840

## Looking for Program Ideas

If you have a skill you would like to share, the HK Recreation Dept. is always looking to conduct new programs. Please e-mail [robayne@hkrec.com](mailto:robayne@hkrec.com) with your proposal.



# Pre-School Programs



## Messy Mondays

Your child will have fun getting messy. Experiment with different textural materials such as shaving cream, goop, finger paints, play-dough, and more! Parents - leave the mess to us! A great social experience for both you and your toddler / pre-schooler!

**Who:** Children ages 18 mos. - 4  
**Meets:** Mondays  
**Session 1:** January 27 - March 3  
(No 2/17)  
**Session 2:** March 24 - April 28  
(No 4/14)  
**Time:** 10:00 - 10:45 AM  
**Fee:** \$47 / \$32 siblings **each session**  
(non-residents add \$10)  
**Location:** HK Old MS A-124  
**Instructor:** Veronica Pizzorusso



## Pee Wee Soccer

Pre-schoolers will learn the basic fundamentals of soccer this winter with some fun drills, skills, and small-sided games. Please wear sneakers and shinguards.

**Who:** Boys and Girls ages 3 - 4  
**Meets:** Wednesdays  
**Session 1:** January 8 - February 5  
**Session 2:** March 5 - April 2  
**Time:** 3:45 - 4:45 PM  
**Fee:** \$60 **each session** (non-res. add \$10)  
**Location:** HES Gym  
**Instructor:** UK International Soccer Camp Staff



## Music Together®

Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers.

**Free Demo:** Thursday, January 9th at 9:30 AM. Come see how your and your child will love class! Please call or e-mail Robyne to reserve a spot.

**Who:** Children ages newborn - 5  
**Meets:** Thursdays  
**Session 1:** January 16 - March 13 (No 2/20)  
**Session 2:** April 3 - May 29 (No 4/17)  
**Time:** **a)** 9:30 - 10:15 am **b)** 10:30 - 11:15 AM  
**Fee:** \$170 / \$80 siblings / under 8 months is free with a registered sibling **each session** (non-residents add \$10)  
**Location:** HK Old MS A-124  
**Instructor:** Jessica Nevins, Director of Music Together of the River Valley



## Basics to Building

Young children love to build - and building is a great way to enter the world of engineering! Our hands-on exploration of simple machines introduces the basic concept of physical science and engineering. Children will use the Duplo Building System to create things such as animals, machines, buildings and vehicles. This class is designed especially for the preschoolers.

**Who:** Children ages 3 - 5  
**Meets:** Wednesdays  
**Dates:** January 29 - March 5 (No 2/19)  
**Time:** 11:00 - 12:00 PM  
**Fee:** \$68 (non-residents add \$10)  
**Location:** HK Old MS A-124  
**Instructor:** CT Computer Education Staff

## Critter Road Show

Pre-schoolers will love learning about different critters.

- 1) Slithering Snakes** - meet Pumpkin (Corn Snake), Aztec (Pueblin Milk Snake) and Monty (Ball Python).
- 2) Soft and Cuddly Mammals** - meet Sparkle or Flopsy (rabbit), Princess (gerbil) and Cream Puff (hamster)
- 3) Critter Combo** - meet some of the favorites - fun surprise!

**Who:** Children ages 18 mos. and up  
**Meets:** Wednesdays  
**Session 1:** February 5 (**Slithering Snakes**)  
**Session 2:** March 12 (**Soft & Cuddly**)  
**Session 3:** April 9 (**Critter Combo**)  
**Time:** 10:00 - 10:30 AM  
**Fee:** \$15 / \$10 2nd child **each session** (non-residents add \$5)  
**Location:** HK Old MS Room A-124  
**Instructor:** CT Audubon Society Staff

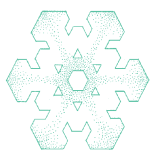


## Tumble Tots

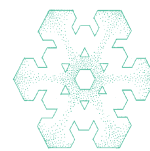
Students will be introduced to basic floor tumbling such as front rolls, back rolls, cartwheels, handstands and bridges. They will learn to walk front and back on the balance beam as well as hops, skips and little jumps.

**Who:** Children ages 2 1/2 - 4  
**Meets:** Tuesdays  
**Session 1:** January 14 - February 11  
**Session 2:** March 11 - April 8  
**Time:** 9:30 - 10:15 AM  
**Fee:** \$67 (non-res. add \$10)  
**Limit:** Min. 6 Max. 12  
**Location:** Caffery's Dance & Gymnastics School in Middletown  
**Instructor:** Maureen Aresco, Caffery's Dance School





# Pre-School & Youth Programs



## Young Chefs of HK

Young Chefs is a unique culinary experience which will offer cooking classes to children in a safe environment that will encourage discovery and creativity. Each visit will be a new experience with fresh monthly themes and exciting new programs. Students sharpen their skills by employing



the mantra, "Mise en Place" which, in the cooking world, translates into "Everything in its place." Young chefs will learn basics in kitchen safety, proper food handling, food preparation, cooking and baking techniques, presentation, and so much more! At the end of each workshop the young chef will leave with

a packet of info on how to recreate what we made in class and tasty treats for their family to try. **Workshops** include:

**Session 1: January 8** - Make dinner for your family! Make and assemble homemade raviolis at class so when you go home all you have to do is boil them for a tasty meal.

**Session 2: February 5** - Celebrate chocolate and make chocolate covered apples! We will coat apples with chocolate and decorate them with sweet little candies. Give as a gift or enjoy for yourself.

**Session 3: March 5** - Celebrate St. Patrick's Day by making shamrock pretzels. Measure, mix, knead, and bake our own pretzel dough to take home and enjoy.

**Session 4: April 2** - Make the best blueberry muffins ever! Prepare the muffins from scratch and enjoy!

**Session 5: May 7** - Make a meal for your family by measuring, mixing and kneading your own pizza dough to take home and enjoy. There will be enough to eat some at class too.

**Session 6: June 4** - Summer is around the corner. Learn how to make homemade baked chicken nuggets so you can help make dinner. Along with this tasty dinner, make smoothies that will give you great energy for all of your summer activities.

**Who:** Boys and Girls grades 1 - 5  
**Meets:** Wednesdays  
**Time:** 4:15 - 5:45 PM  
**Fee:** \$26 each session (includes food) (non-residents add \$10)  
**Limit:** Min. 7 Max. 12  
**Location:** HK HS B-112  
**Instructor:** Joanna Siciliano, HK HS Culinary Arts Teacher

## Babysitter Referral List

If you have taken the American Red Cross class, then call or e-mail the HK Recreation Department to find out how to add your name to our Babysitting Referral List. This is a great opportunity to get lots of babysitting jobs close to where you live. Need a babysitter? E-mail us to get a list of babysitters in your area.

## UK International Indoor Soccer

Young athletes will learn the basic fundamentals of soccer this winter with some fun drills, skills, and small-sided games. Please wear sneakers and shinguards.

**Who:** Boys and Girls in grades K - 2  
**Meets:** Tuesdays at HES / Thursdays at KES  
**Session 1:** January 7 - February 25 (No 1/21, 2/18) at HES  
**Session 2:** January 9 - February 13 at KES  
**Time:** 3:30 - 4:30 PM  
**Fee:** \$67 each session (non-residents add \$10)  
**Location:** HES or KES Gym  
**Instructor:** UK International Soccer Camp Coach



## Rise & Shine Yoga

Kids come start your day with an energizing yoga program! Children will develop their yoga practice through postures, creative movement, and games. The little yogis will learn techniques to stretch and calm their bodies. Activities will promote strength, flexibility, and body awareness while improving concentration and focus before the school day begins. Children of all abilities are welcome!

**Who:** Boys & Girls in grades 1 - 4  
**Meets:** Wednesdays  
**Session 1:** January 8 - February 12  
**Session 2:** March 12 - April 9  
**Time:** 7:30 - 8:30 AM  
**Fee:** \$65 each session (non-residents add \$10)  
**Location:** HES gym  
**Limit:** Min. 6  
**Instructors:** Val Williams, OTR/L (Pediatric Occupational Therapist) and Alicia Berger, MSPT, DPT (Pediatric Physical Therapist)

## Skyhawks Soccer and Baseball

This sports program is designed to promote a philosophy of fun while learning soccer and baseball. Younger kids will learn the fundamentals and older kids will improve their skills in a safe, non-competitive environment. Eager minds can explore two different sports without the pressure to choose one over another. Participants will learn sports skills and basic team strategies through unique games & drills.



**Who:** Boys and Girls ages 4 - 8  
**Meets:** Wednesdays  
**Dates:** May 14 - June 11  
**Times:** a) 3:45 - 4:45 PM (ages 4-6)  
b) 5:00 - 6:00 PM (ages 6 - 8)  
**Fee:** \$65 (non-residents add \$10)  
**Location:** HES Gym / Outside  
**Instructor:** Skyhawks Staff

# Youth Programs

## Hip Hop Dance Workshop with Austin

Austin is back with more cool fun Hip Hop moves! Kids will use their imagination and create their own cool moves too. Don't miss the fun because Austin's dance party workshop is a rockin' good time! There will be fun DJ lights and an instructional entertaining presentation with lots of interaction.

**Who:** Boys and Girls grades K - 5  
**Session 1:** Tuesday, February 11 at KES  
**Session 2:** Thursday, February 13 at HES  
**Session 3:** Tuesday, April 29 at KES  
**Session 4:** Thursday, May 1 at HES  
**Time:** 3:30 - 4:30 PM  
**Fee:** \$22 / \$15 if enrolled in After-School same day **each session** / sign-up for two sessions and save \$10 (non-res. add \$5)  
**Location:** HES or KES Gym  
**Instructor:** Austin Dailey, Red Supreme Productions



**Remember to send your child with a note to their teacher if attending an after-school activity!**

## Gymnastics

Students will be introduced to basic floor tumbling as well as some apparatus use. Students will work on front rolls, back rolls, cartwheels, handstands and bridges. They will learn to walk front and back on the balance beam as well as hops, skips and little jumps. Participants will also be introduced to the low-rail bar, and learn squats and straddles on the vault.

**Who:** Boys and Girls grades K - 4  
**Meets:** Tuesdays at BES / Fridays at KES  
**Session 1:** January 7 - February 11 (No 1/21) at BES  
**Session 2:** January 10 - February 7 at KES  
**Session 3:** March 4 - April 8 (No 4/1) at BES  
**Session 4:** March 7 - April 4 at KES  
*\* In the event of snow cancellation, Miss Maureen will add time to the remaining classes if possible or give a free pass to her Dance school.*  
**Times:** 3:30 - 4:15 PM  
**Fee:** \$67 **each session** (non-residents add \$10)  
**Location:** BES or KES Gym  
**Instructor:** Maureen Aresco, Caffery's Dance School

## Creative Art

Explore a world of creativity! Children will create a variety of different projects from wood to crafts to paper art and much more including a day of cookie decorating! Come use your imagination to make wonderful treasures. **Please bring a smock or a shirt that can get messy, and a snack too!**



**Who:** Boys and Girls grades K - 4  
**Meets:** Mondays at KES / Wednesdays at BES  
**Session 1:** January 8 - February 5 (No 1/22) at BES  
**Session 2:** January 13 - February 10 (No 1/20) at KES  
**Session 3:** March 5 - April 9 (No 3/19, 4/2) at BES  
**Session 4:** March 10 - 31 at KES  
**Session 5:** April 28 - May 19 at KES  
**Session 6:** April 30 - May 28 (No 5/14) at BES  
**Time:** 3:30 - 4:45 PM  
**Fee:** \$50 **each session** (non-residents add \$10)  
**Location:** KES or BES All-Purpose Room  
**Instructor:** Tracy Distasio

**NEW!**

## Flag Football

The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. The Flag Football program teaches the fundamental skills children will need for future athletic programs while having a great time. Beginners and experienced players will work together, as a team, to introduce the concept of football in a fun and safe environment. The goal of this program will be to enhance and develop individual skills while working in a team environment. Experienced players will be encouraged to handle leadership positions as team captains. The program will develop the leadership skills of team captains by utilizing their experience and skills to promote teamwork, pride and unity. This program will continuously place an emphasis on safety and sportsmanship. Sessions will consist of warm-up, instruction and drills, and conclude with scrimmages. **Fee includes a shirt.**

**Who:** Boys and Girls in grades 1 - 4  
**Meets:** Saturdays  
**Dates:** January 25 - March 8 (No 2/22)  
**Time:** 12:30 - 2:00 PM  
**Fee:** \$72 (non-residents add \$10)  
**Location:** KES Gym  
**Coach:** Bill Guida

**Discover the Benefits with HK Recreation...**  
 decrease boredom, hang out with friends, stay safe, & have fun!



# Youth Programs

## Mad Scientists

Have fun learning about science! Children will participate in hands-on interactive experiments. The winter topics include (spring topics will be announced at a later date):

**Bugs!** - Learn about insects and their fabulous flying abilities, their unique eyesight, and the way that they defend themselves against predators. See how camouflage works, and investigate how bugs can be helpful to our environment. Build your own bug models to take home.

**Detective Science** - Discover how forensic science plays a central role in solving crimes. Create and analyze fingerprints, examine dental records, make teeth impressions and discover how written materials can be analyzed to help solve a crime. Test your observation skills. Take home an ID kit to record your fingerprints and other vital information.

**Earthworks** - Discover what the Earth is composed of and how various forces combine to create rocks and minerals. Uncover the forces that create earthquakes, the natural faults in the Earth's crust and even how mountains are formed. See minerals fluoresce before your very eyes and create your own sedimentary stacker to take home.

**Kitchen Chemistry** - Look at the chemistry that goes on in your kitchen. Hunt for starch, sugar and fats in foods and investigate a living organism that helps bread rise. Discover how the sun can help turn chemical reactions into a tasty snack, and build your own mini solar cooker to take home.

**Walloping Weather** - Investigate why it rains, what causes lightning and how weather can be predicted. Create some of your own regional weather forecasts. Learn about the Sun's energy and ultraviolet radiation, and make a U.V. detector to take home.

**Who:** Boys & Girls ages 5 - 12  
**Meets:** Wednesdays (HES) / Thursdays (KES)  
**Session 1:** Feb. 26 - April 9 (No 3/19, 4/2) at HES  
**Session 2:** February 27 - March 27 at KES  
**Session 3:** April 30 - June 4 (No 5/14) at HES  
**Session 4:** May 1 - 29 at KES  
**Time:** 3:30 - 4:30 PM  
**Fee:** \$92 each session (non-res. add \$10)  
**Limit:** Min. 10 Max. 20  
**Location:** HES Art Room or KES Library  
**Instructor:** Mad Science of Southeastern CT Staff



Activities include exciting theater games, improvisational exercises, acting terminology, concentration exercises, voice and speech, sense memory, subtext, stage skills, and script work. At the end of the session, there will be an informal share to demonstrate what the participants worked on. New and exciting activities will be offered for past and experienced performers. Unleash your creativity!

**Who:** Boys and Girls grades K - 4  
**Meets:** Tuesdays (KES) / Thursdays (BES)  
**Session 1:** February 25 - April 22 (No 4/1, 4/15) at KES  
**Session 2:** February 27 - April 10 at HES

## Karate Kids

Meet friends and build self-esteem while learning the meaning of respect, self-discipline, concentration, and self-control. Students will be introduced to Washin-Ryu Karate-Do, a unique form of traditional Japanese Karate. Safety awareness and how to avoid abductions will also be discussed. Students can attend make-up classes at Mr. Moan's studio in Middletown.



**Who:** Boys and Girls ages 6 - 12  
**Meets:** Mondays at HES / Wednesdays at KES  
**Session 1:** January 13 - May 19 (No 1/20, 2/17, 4/14) at HES  
**Session 2:** January 15 - May 14 (No 2/19, 4/16) at KES. *Class will meet at normal time on half-days.*  
**Time:** 3:30 - 5:00 PM  
**Fee:** \$92 each session (non-res. add \$10)  
**Location:** HES or KES Gym  
**Instructor:** Mike Moan, 7th degree black belt  
**Assistants:** Mrs. Wheeler, 1st degree black belt (KES)  
 Mr. Judkins, 7th degree black belt (HES)

## 2nd Grade Basketball

Learn the fundamentals of basketball such as dribbling, passing, shooting, & defense. This instructional program is a great way for young players to prepare for the HK Rec. Youth Basketball League and develop their basketball skills.

**Who:** Boys and Girls in 2nd grade  
**Meets:** Saturdays  
**Dates:** January 25 - March 8 (No 2/22)  
**Time:** 10:30 - 12:00 PM  
**Fee:** \$57 (non-residents add \$10)  
**Location:** KES Gym  
**Coaches:** Ian Gibson and staff

**Discover the Benefits...**  
 learn a new skill, meet friends,  
 build self-esteem, and have fun!



## Acting

**Time:** 3:30 - 4:15 PM (4:30 PM at HES)  
**Fee:** \$108 (non-residents add \$10)  
**Limit:** Min. 8 Max. 20  
**Location:** KES Music Rm. / HES Gym  
**Instructor:** Performing Arts Staff

# Youth Programs

## Wizard's School of Magic

Learn five magic tricks from Tom O'Brien, a professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom is a master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, and a magic wand! New tricks this session! Abracadabra!

**Who:** Boys and Girls ages 5 - 12  
**Meets:** Wednesdays  
**Session 1:** January 29 at HES  
**Session 2:** February 26 at BES  
**Session 3:** March 12 at KES  
**Time:** 3:30 - 4:30 PM  
**Fee:** \$22 each session (non-res. add \$5)  
**Limit:** Min. 8 Max. 20  
**Location:** HES, BES, or KES Library  
**Instructor:** Tom O'Brien, Professional Magician



## Gem Mining

Find real gemstones from around the world. Kids will mine for gems and receive their very own book to identify and categorize the gems. Each kid will take home their gems, an ID book, and a gem case. Class will be held outdoors, so please dress appropriately.

**Who:** Children ages 4 and up  
**Meets:** Monday, April 28 (rain date 4/29)  
**Time:** 4:15 - 5:00 PM  
**Fee:** \$28 (non-residents add \$5)  
**Limit:** Min. 14  
**Location:** HK Old MS Courtyard  
**Instructor:** Peter Ogle, Lucky 33 Gemstone Flume



## Corkum's Baseball Mini-Camp

This clinic will consist of a series of drills and instructional games which will educate, train, and create a feeling of enjoyment one will get from participating in baseball. Throwing, fielding, hitting, and team play are the major areas of concentration.

**Who:** Children ages 8 - 12  
**Meets:** Monday and Tuesday  
**Dates:** April 14 & 15  
**Time:** 9:00 - 12:00 PM  
**Fee:** \$67 (non-residents add \$10)  
**Location:** HK HS Fieldhouse / Softball Field  
**Instructor:** Chris Corkum's Baseball Inc.

## Technology Classes!

### LEGO™ Warriors to the Rescue

Come join our newest LEGO Class called Robo Warriors. Build your own super team of warriors. These Warriors have surprises from a spear to wings. You can build some awesome warriors from our designs or your own creation. Combine as many pieces as you can to design the ultimate Warrior. This class is co-ed and requires you to build with a team member. Please bring a small snack. No LEGOs will be taken home.



**Who:** Children in grades K - 5  
**Meets:** Thursdays at HES / Fridays at KES  
**Session 1:** January 30 - February 27 (No 2/20) at HES  
**Session 2:** January 31 - February 28 (No 2/21) at KES  
**Time:** 3:30 - 5:00 PM  
**Fee:** \$108 each session (non-res. add \$10)  
**Location:** KES or HES Library  
**Instructor:** CT Computer Education Staff

### Wacky Contraptions with a Motor

Build some wacky contraptions using a wind up motor. What's your ultimate creation? This class includes step-by-step instructions and/or inspiration for 15 different creations. This class is co-ed and is a teamwork setting. Children will have time to create their own inventions. No bricks will be taken home. Please bring a snack.

**Who:** Children in grades K - 5  
**Meets:** Thursdays at HES / Fridays at KES  
**Session 1:** March 20 - April 10 at HES  
**Session 2:** March 21 - April 11 at KES  
**Time:** 3:30 - 5:00 PM  
**Fee:** \$108 each session (non-res. add \$10)  
**Location:** KES or HES Library  
**Instructor:** CT Computer Education Staff

### Register Early.....

Most programs have a minimum number of participants in order to be conducted. Please register early if a program interests you. Do not wait until the last minute or else it may be cancelled due to insufficient enrollment.



# Youth & Teen Programs

## Introduction to Baton Twirling

Students will learn some basic tricks and twirls and how to march like a real majorette. They will be exposed to solo twirling as well as two baton, three baton, flag, hoop, and streamer baton. Genuine regulation batons will be provided to use during class; and the opportunity will be available for students to purchase their own baton, if they choose.

**Who:** Boys and girls ages 6 - 12  
**Meets:** Wednesdays  
**Dates:** January 15 - February 12  
**Time:** 6:00 - 7:00 PM  
**Fee:** \$50 (non-residents add \$10)  
**Location:** BES All-Purpose Room  
**Instructor:** Zoey Corey



## "When I'm in Charge"

This American Red Cross class teaches kids how to be responsible when at home alone. Topics include internet safety, gun safety, family communications, sibling care, basic emergency care & confidence building.

**Who:** Students ages 9 & up  
**Date:** Wednesday, February 5  
**Time:** 5:45 - 7:45 PM  
**Fee:** \$26 (non-residents add \$5)  
**Location:** HK HS Lower Media  
**Instructor:** Terri Benoit, American Red Cross

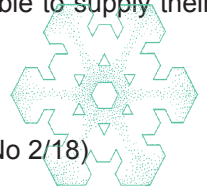


**NEW!**

## Digital Photography

Students will get an opportunity to explore photography using digital cameras and photo editing software. Students are introduced to technical aspects of digital cameras using the media as a means for self-expression as a fine art form. It is highly recommended that students are able to supply their own digital camera.

**Who:** Students in Grades 6 - 8  
**Meets:** Tuesdays  
**Dates:** January 28 - March 11 (No 2/18)  
**Time:** 3:30 - 5:00 PM  
**Fee:** \$108 (non-res. add \$10)  
**Limit:** Min. 4 Max. 8  
**Location:** HK HS Photography Room B-116  
**Instructor:** Amber Dietz, HK HS Teacher



## Play-Well LEGO™ TEKologies!

### Play-Well LEGO™ Engineering Workshops

Fun one-day LEGO Workshops. Sign-up for one or more! Different projects will be worked on each session.

**Pre-Engineering** - Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer designed projects such as boats, bridges, mazes, & motorized cars.

**Ninjaneering** - Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun projects while exploring the fantasy world of Ninjago.

**Green Engineering** - Design and build machines powered by alternative energy sources. Race solar cars, build a wind-powered electrical generation facility, and enter the human powered vehicle competition.

**Who:** Boys & Girls gr. K - 4  
**Meets:** Mondays at BES / Tuesdays at KES  
**Session 1:** February 3 at BES (**Pre-Engineering**)  
**Session 2:** February 4 at KES (**Ninjago**)  
**Session 3:** March 10 at BES (**Pre-Engineering**)  
**Session 4:** March 11 at KES (**Pre-Engineering**)  
**Session 5:** April 7 at BES (**Green**)  
**Session 6:** April 8 at KES (**Green**)  
**Time:** 3:30 - 5:00 PM  
**Fee:** \$26 each session / \$23 each session for 2 more (non-res. add \$5 each)  
**Limit:** Min. 9 Max. 16  
**Location:** BES or KES Library  
**Instructor:** Play-Well Staff

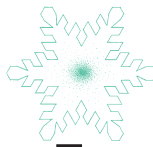
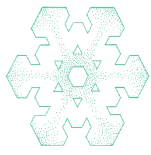
## Horseback Riding

This beginner horseback riding class will cover grooming, saddling, riding, safety skills, as well as fun games. Lessons are geared for the novice rider, but students with experience are welcome too. All equipment will be provided. Participants should wear pants. A heeled shoe (boots) is preferred. English saddles will be used. The facility is lighted. For more info., visit [www.dreammeadowfarm.com](http://www.dreammeadowfarm.com) or call Tracy at 345-8672.

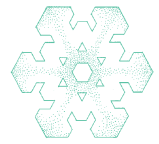
**Who:** Boys and girls ages 6 & up  
**Session 1:** Mondays, May 5 - June 2 (No 5/26)  
**Session 2:** Tuesdays, May 6 - May 27  
**Time:** 5:30 - 7:00 PM  
**Fee:** \$160 each session (non-res. add \$10)  
**Limit:** Max. 4 per time slot  
**Location:** Dream Meadow Farm, 412 Candlewood Hill Rd. Higganum  
**Instructor:** Tracy DeGennaro, Dream Meadow Farm





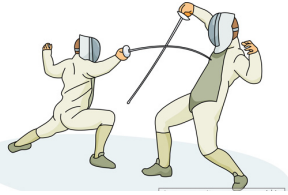


# Youth & Teen Programs



## Fencing

With a rich tradition dating back hundreds of years, fencing is an Olympic sport that helps develop both large and fine motor skills. It encourages strategic thinking as well as physical development. Using the foil as the introductory weapon, students will learn proper technique for basic footwork & handwork as well as simple attack and defense techniques. There will be a combination of personal & group instruction, as well as partner drills. Equipment will be supplied with an emphasis on the proper and responsible use of weapons and protective gear. Electrical scoring equipment will also be used. Wear good sneakers, t-shirt & sweatpants.



**Who:** Students ages 9 - 18  
**Meets:** Wednesdays or Thursdays  
**Session 1:** Wed., January 15 - March 12 (No 2/19)  
 a) 6:00 - 7:00 PM (ages 9-12/ Beginner)  
 b) 7:15 - 8:15 PM (ages 12-15/ w/ approval from Peter)  
**Session 2:** Thurs., January 16 - March 13 (No 2/20)  
 6:00 - 8:00 PM (gr. 9 - 12)  
**Fee:** \$114 (non-residents add \$10)  
**Limit:** Min. 4 Max. 8  
**Location:** HK New MS Cafeteria  
**Instructor:** Peter Barnett

## Babysitter's Training Program

Learn how to become a safe and responsible babysitter! This American Red Cross Program includes Basic Child Care, First Aid for breathing and bleeding emergencies, and injury prevention as well as other important topics to prepare young adults for babysitting. This class is an excellent opportunity to help students build self-confidence as well as job leadership and decision-making skills. Completion of the course will give students the opportunity to add their names to the HK Recreation Dept.'s Babysitting Referral List. Fee includes an American Red Cross Babysitting Manual & Certificate.

There will be a **CPR for Babysitter's session**, an extension of the Babysitting course, that will certify Babysitter's in Basic First Aid as well as Infant and Child CPR. Students must take the Babysitting program with this class.

**Who:** Students ages 11 - 15  
**Session 1:** Thursday, February 20, 8:30 - 2:00 pm  
**Session 2:** Tuesdays, March 11 - 25, 5:45 - 8:00 PM  
**CPR Session:** T/Th, April 8 & 10, 5:45 - 7:45 PM  
**Fee:** \$72 each session / \$46 for CPR session (non-res. add \$10)  
**Limit:** Min. 6 Max. 12  
**Location:** HK HS Lower Media (3/11 - upper media)  
**Instructor:** Terri Benoit, American Red Cross

## Archery

Archery teaches patience, concentration, and attention to detail while allowing room for individual advancement. Being an individual sport, children will have fun while learning the fundamentals of the sport at their own pace. Students will enjoy shooting bows while learning history and the proper terminology of the sport. Classes are taught with a strong emphasis on safety and proper shooting technique. There will be a "Scoring Day" where students may choose to keep score as an assessment of their progress. Individual equipment (bows, arrows, arm guards) will be provided.

**Who:** Ages 8 - 17  
**Meets:** Wednesdays  
**Session 1:** January 15 - February 12  
**Session 2:** March 12 - April 9  
**Session 3:** April 30 - May 28  
**Time:** 6:30 - 7:30 PM  
**Fee:** \$67 each session (non-residents add \$10)  
**Location:** HK HS Cafeteria  
**Instructor:** Charles Ladd, Sagittarian Archery Club



**NEW!**

## Animation: from Character to Screen

Create short hand drawn animated cartoons as a group or individual. Learn the fundamentals of creating a character and bringing it to life on a screen! Fee includes materials.

**Who:** Students in Grades 5 - 8  
**Meets:** Thursdays  
**Dates:** February 27 - April 3  
**Time:** 4:30 - 6:00 PM  
**Fee:** \$95 (non-res. add \$10)  
**Limit:** Min. 3 Max. 12  
**Location:** HK HS Lower Media  
**Instructor:** Marc Pettersen



**NEW!**

## iPhone Photography

Want to learn how to use you iPhone to take stunning photographs? Students will learn how to use their iPhones to take more than just snapshots. Along with learning elements & principles of design to create a great composition, you'll also learn about cool free photography apps to download to your iPhone! We won't just be using your camera lens either, we'll be attaching macro, zoom, fisheye, lenses right to your iPhone's lens! Students must supply their own iPhone.

**Who:** Students in Grades 9 - 12  
**Meets:** Tuesdays  
**Dates:** April 22 - May 27  
**Time:** 3:30 - 5:00 PM  
**Fee:** \$108 (non-res. add \$10)  
**Limit:** Min. 4 Max. 8  
**Location:** HK HS Photography Room B-116  
**Instructor:** Amber Dietz, HK HS Teacher



# Teen Programs

## Crossroads Driving School

**OPTION 1 (Full Course)** - includes 30 hours of classroom which includes the safe driving, drug and alcohol program, plus 8 hours of behind-the-wheel. Most insurance companies offer a discount if you take this full course. Driving sessions will be scheduled by the instructor. Dates listed are classroom only.

**Fee:** \$500 (non-residents add \$10)

**OPTION 2 (Classroom - No Driving)** - includes 30 hours of classroom which includes the safe driving, drug and alcohol program. No behind-the-wheel.

**Fee:** \$265 (non-residents add \$10)

**OPTION 3 (Safe Driving/Drug & Alcohol Program)** - this 8-hr course fulfills the mandatory requirement of the State of CT for license applicants who choose a Home Training Program. This is required for all drivers, including those over 18.

**Fee:** \$150

### Required by State Law!

#### Parent/Student Informational Class:

All parents of students who are under the age of 18 and student drivers must attend orientation in the HK HS Seminar Room. Students will not receive a certificate unless they, as well as at least one parent, attend this 2-hr. class.

**Thursday, January 9th from 6:00 - 8:00 PM**  
or **Thursday, April 3rd from 6:30 - 8:30 PM**

*On-Site Driver License Testing is provided by Crossroads Driving, LLC. Please call 860-262-0287 or visit [www.crdrivingschool.com](http://www.crdrivingschool.com) for more info.*

Please note, students must attend all classes and can make up a class (i.e if they miss an afternoon class, can attend the evening class the same day).



**Who:** Students 16 years old & up (must turn 16 before the 1st class)

**Meets:** Tuesdays & Thursdays

**Times:** a) 2:50 - 4:50 PM or  
b) 6:00 - 8:00 PM (S1) / 6:30 - 8:30 PM (S2)  
*(Please list time when registering)*

**Fees:** \$500 (Option 1) / \$265 (Option 2) (non-residents add \$10) / \$150 (Option 3)

**Location:** HK HS Room C-111

**Instructor:** Diane Stanley and Nancy McGee

### Option 1 and 2 (classroom dates):

**Session 1:** January 14 - March 13 (plus 1/9 - Parent/Student Informational Class, 6:00 - 8:00 PM)  
(No 1/16, 1/21, 2/18, 2/20)

**Session 2:** April 8 - May 29 (plus 4/3 - Parent/Student Informational Class, 6:30 - 8:30 PM)  
(No 4/15, 4/17)

### Option 3 (Safe Driving Program):

**Session 3:** January 14, 23, 28 (plus 1/9 - Parent/Student Informational Class, 6:00 - 8:00 PM)

**Session 4:** April 8, 10, 22 (plus 4/3 - Parent/Student Informational Class, 6:30 - 8:30 PM)

## SAT Prep Courses

Need helpful hints and strategies for the SAT? Whether you have taken the SAT or it is your first time, these courses are designed to provide helpful hints and strategies for both the math and verbal sections of the SAT. **Fee includes materials.** [www.testprepmmentor.com](http://www.testprepmmentor.com)

### Option 1: SAT 101

**Meets:** Tuesdays & Thursdays  
**Session 1:** February 25 & 27  
**Session 2:** April 22 & 24  
**Session 3:** May 20 & 22  
**Time:** 5:00 - 7:00 PM  
**Fee:** \$105 each session (non-res. add \$10)  
**Location:** HK HS Room C-212  
**Instructors:** Tracey Ritter & Angela Miller, Certified HS Teachers



### Option 2: Test Prep Mentor

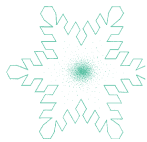
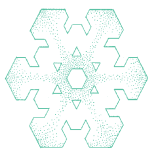
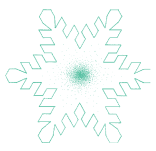
**Meets:** Tuesdays  
**Dates:** February 25 - April 22 (No 4/15)  
**Time:** 5:15 - 7:15 PM  
**Fee:** \$475 (non-residents add \$10)  
**Location:** HK HS Room C-206  
**Instructors:** Tracey Ritter, Test Prep Mentor, LLC

## Lifeguard Training

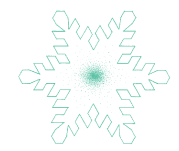
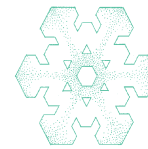
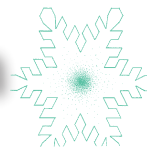
Become a certified Lifeguard! Students will also become certified in CPR for the Professional Rescuer, AED, & Standard First Aid. Fee includes book, pocket mask, & certifications. Class will be a combination of blended learning (on-line computer work at home) and practice sessions. In order to take this class, students must pass a pre-course (swim 300 yards continuously demonstrating rhythmic breathing; tread water for 2 minutes using just legs; swim 20 yards, retrieve a 10 lb. object from a depth of 7 feet, & swim back with object). **The pre-course will be held on February 24th from 3:30 - 4:15 pm. Students must pass the pre-course to be eligible for the class.**



**Who:** Students ages 15 & up  
**Meets:** Monday, February 24 (pre-course)  
Mondays, March 3 - April 7  
Saturdays, March 28 and April 5  
**Time:** (M) 6:45 - 9:00 PM / (S) 9:00 - 12:00 PM  
**Limit:** Max. 10  
**Location:** HK HS Rm. C-101 / Pool  
**Fee:** \$200 (non-residents add \$10)  
**Instructor:** Robyne Brennan, LGT Instructor



# Family Fun



## Family Fishing

The Connecticut Aquatic Resources Education (CARE) Program will introduce you and your family to the sport of fishing. State Certified Instructors will teach you everything you need to know about getting started. You'll learn all about tackle and how to tie a special fishing knot. Fish identification, natural baits, regulations and casting are all part of the curriculum. The class will be followed by a fishing trip. All equipment is provided. **Please bring a lunch.**



- Who:** Children ages 8 and up (younger w/ parent)  
**Date:** Saturday, May 17  
**Time:** 8:00 - 2:00 PM  
**Fee:** \$10 per family (non-residents add \$5)  
**Limit:** Max. 10  
**Location:** Care Center in Killingworth on Rt. 80 near Chatfield Hollow State Park  
**Instructor:** Bob Kelly, CT Aquatic Research Education Program

## Hotshot Basketball Shooting Contest

This state-wide event challenges a player's speed, shooting, dribbling, and rebounding ability. Each player will have one minute to shoot from "hotspots" placed on the court. The top scorer in each division will move on to the county level of the competition. Sponsored by the CT Recreation and Parks Association. Look for a detailed flyer in the schools!

- Who:** Children ages 9 - 15 (Residents only)  
**Date:** Wednesday, February 19  
**Time:** 2:30 - 4:00 PM  
**Fee:** \$5 (must pre-register) / \$10 at the door  
**Location:** HK HS Fieldhouse



## CT Science Center Tickets

The HK Recreation Department has tickets. What a great deal! Fun for the entire family! **Tickets are good any day of the season - but please check with the venue! Fun winter activity!** Tickets are \$14 each.



**Discover the Benefits with HK Recreation...**  
 enrichment, education,  
 socialization,  
 and adventure!

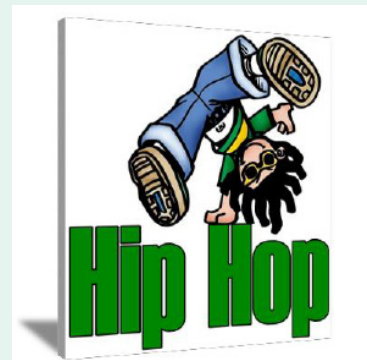
## February Vacation Entertainment!

### Hip Hop for Health

#### Fun interactive entertainment

Come see Austin Dailey perform! Show will consist of a colorful self-standing graffiti wall, stellar DJ lighting, instructional Hip Hop party dancing, and two entertaining dance skits done by two professional Hip Hop performers. The program is 90% interactive and 10% sit down entertainment. Discussion on healthy choices, stretching, teamwork, and history of Hip Hop are part of the show. Come out for a fun afternoon and don't miss out on the fun.

- Date:** Tuesday, February 18  
**Time:** 1:00 - 2:00 PM  
**Fee:** \$8 per child / \$2 per adult payable at the door  
**Location:** HK HS Fieldhouse



## Summer Sports Camps

Responsibility • Respect • Leadership • Sportsmanship • Teamwork

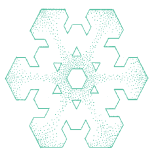
### Camps for ages 3-12!

- Basketball
- Flag Football
- Lacrosse
- Tiny-Hawk
- Golf
- Volleyball
- Track & Field
- Mini-Hawk
- Tennis



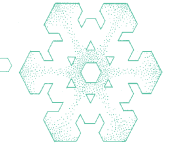
Check your Haddam-Killingworth 2014 summer guide for camp dates & times

For more information visit  
[www.skyhawks.com](http://www.skyhawks.com)



# HK Recreation Vacation Camps

## February 17 - 21 and April 14 - 18



The HK Recreation Department will be offering a vacation program during the February and April breaks at the HK High School Cafeteria. The vacation program will provide care for children in Kindergarten through Grade 6. We will be open all days of school vacation, **February 17th - 21st** and **April 14th - 18th**. The program will meet from 7:00 AM until 6:00 PM.

The program's activities are both active and passive in nature. Types of activities offered include: Arts & Crafts, Sports/Games, Free Play, Movies, Swimming in the HK Pool, and a Field Trip. Each day there will be organized games in the gym.

### Schedule of activities:

**Swimming:** Campers will have a choice to go swimming at the HK pool on Monday, Wednesday and Friday. Lifeguards will be on duty along with camp staff.

### Field Trips:

**February:** On Thursday, February 20th, there will be a trip to Fun Squared in Newington from 9:30 - 1:30 PM. Includes bowling, laser tag, pizza and drink. Children may bring extra money for arcade games.

**April:** On Thursday, April 17th, there will be a field trip to Marquee Cinemas from 9:15 - 12:30 PM. Movie TBA. Includes small popcorn and small drink.

**Hip Hop for Health:** On Tuesday, February 18th, campers will enjoy and participate in the Hip Hop for Health show from 1:00 - 2:00 PM in the HK HS Fieldhouse. Ticket price is included with the registration.

**Gigantic Inflatable:** On Tuesday, April 15th, there will be a bounce climb, slide combo from 9:00 - 4:00 pm.

**Sports Day:** On Friday, February 21st and Friday, April 18th, there will be a sports/game jamboree. Sports will include: kickball, tennis baseball and basketball. Other games like tennis court volleyball, capture the flag and dodgeball will also be played. Wear a team t-shirt or hat and receive a prize that day!



### The Vacation fees are as follows:

#### Daily Full-Time (7:00 - 6:00 PM)

You may register your child for individual days. Payment is due by February 13th for February vacation and April 10th for April vacation. Payments must be made in full.

- If attending on Monday (2/17 - President's Day or 4/18 - Good Friday), the fee is \$47 for the first child and \$42 for the second child. *This fee includes the holiday custodial fee.*
- If attending Monday (4/14), Wednesday (2/19 or 4/16) or Friday (2/21), the fee is \$37/day for the first child and \$32/day for the second child.
- If attending on Tuesday (2/18 or 4/15) the fee is \$42 for the first child and \$37 for the 2nd child. ***This fee includes the special entertainment/activity fees.***
- If attending on Thursday (2/20 or 4/17), the fee is \$52 for the first child and \$47 for the second child. ***This fee includes the field trip admission and bus.***

#### All Inclusive (M-F, 7:00 - 6:00 PM)

If you register your child all week, the fees are: **February or April Vacation** - \$190 for the 1st child and \$165 for the 2nd child each week. This is a \$25 savings each week!

**Late fee:** There is a late pick-up fee of \$5 for every 5 minutes a parent is late past 6:00 PM, paid directly to the program staff on the day of late pick-up.

**What to bring:** Children should bring a bag lunch daily (except for February 20th). Snacks and drinks will be provided. Anyone swimming should bring a bathing suit and towel. Children should wear sneakers and dress for active play.

Recreational Scholarships are available to families in need. For further information, please contact the Haddam-Killingworth Recreation Department, 860-345-8334 or visit our [www.hkrec.com](http://www.hkrec.com)

# HK Recreation Vacation Camp Registration

**To register for the Vacation Camp and Child Care Program:**

Please complete this form and mail it along with a check to: HK Recreation Department; P.O. Box 569  
91 Little City Rd., Higganum, CT 06441

Child(ren's) Name \_\_\_\_\_ Grade (s) \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Parent's names \_\_\_\_\_ e-mail \_\_\_\_\_

Work Phone: Mother (\_\_\_\_) \_\_\_\_\_ Father (\_\_\_\_) \_\_\_\_\_

Cell Phone #s Mother (\_\_\_\_) \_\_\_\_\_ Father (\_\_\_\_) \_\_\_\_\_

Name & phone of person (other than parents) to contact in case of emergency: \_\_\_\_\_

List any Medical Conditions \_\_\_\_\_

Permission to swim in the H-K pool? (Circle) Yes No Shallow end only

**February Vacation (please indicate the days your child will attend 2/17 - 2/21):**

**Registrations must be received by 2/13/14.**

**Full Days (7:00 - 6:00 PM)**

Days attending:

1st child  
 M \_\_\_\_\_ X \$47 = \$ \_\_\_\_\_  
 T \_\_\_\_\_ X \$42 = \$ \_\_\_\_\_  
 W \_\_\_\_\_ X \$37 = \$ \_\_\_\_\_  
 Th \_\_\_\_\_ X \$52 = \$ \_\_\_\_\_  
 F \_\_\_\_\_ X \$37 = \$ \_\_\_\_\_

2nd child  
 M \_\_\_\_\_ X \$42 = \$ \_\_\_\_\_  
 T \_\_\_\_\_ X \$37 = \$ \_\_\_\_\_  
 W \_\_\_\_\_ X \$32 = \$ \_\_\_\_\_  
 Th \_\_\_\_\_ X \$47 = \$ \_\_\_\_\_  
 F \_\_\_\_\_ X \$32 = \$ \_\_\_\_\_

All-Inclusive (M-F) \$190 (\$25 savings)

All-Inclusive (M-F) \$165 (\$25 savings)

**Total = \$ \_\_\_\_\_**

**April Vacation (please indicate the days your child will attend 4/14 - 4/18):**

**Registrations must be received by 4/10/14.**

**Full Days (7:00 - 6:00 PM)**

Days attending:

1st child  
 M \_\_\_\_\_ X \$37 = \$ \_\_\_\_\_  
 T \_\_\_\_\_ X \$42 = \$ \_\_\_\_\_  
 W \_\_\_\_\_ X \$37 = \$ \_\_\_\_\_  
 Th \_\_\_\_\_ X \$52 = \$ \_\_\_\_\_  
 F \_\_\_\_\_ X \$47 = \$ \_\_\_\_\_

2nd child  
 M \_\_\_\_\_ X \$32 = \$ \_\_\_\_\_  
 T \_\_\_\_\_ X \$37 = \$ \_\_\_\_\_  
 W \_\_\_\_\_ X \$32 = \$ \_\_\_\_\_  
 Th \_\_\_\_\_ X \$47 = \$ \_\_\_\_\_  
 F \_\_\_\_\_ X \$42 = \$ \_\_\_\_\_

All-Inclusive (M-F) \$190 (\$25 savings)

All-Inclusive (M-F) \$165 (\$25 savings)

**Total = \$ \_\_\_\_\_**

\_\_\_\_\_ does hereby covenant and agree to release and hold harmless the  
 Parent's signature HK Recreation Dept. (and its agents) from and against any and all liability,  
 loss, damage, claims or actions (including costs and attorney fees) for bodily injury and/or property damage, to the extent  
 permissible by law, arising out of participation in a HK Recreation sponsored activity. I understand participation in a recreational  
 activity may involve rigorous physical activity and risks of physical injury, and I assume these risks.

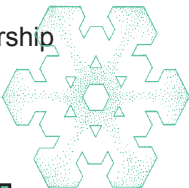
Parent / Guardian's Signature \_\_\_\_\_

# Aquatic Programs

## Parent / Tot Swim

An excellent opportunity for parents to acquaint their child with the water and begin the development of their swimming techniques. What a great way to socialize and build self-confidence. **A parent/guardian must accompany their child in the water.**

**Who:** Ages 9 - 36 months  
**Meets:** Tuesdays & Thursdays  
**Dates:** May 20 - June 12  
**Time:** 6:30 - 7:00 PM  
**Fee:** \$62/\$52 w/ pool membership (non-residents add \$10)  
**Location:** HK HS Pool  
**Instructor:** Lisa Johnson, WSI



## Children's Swim Lessons

Each session has a limited number of spots available for each level. Levels and requirements are as follows: **Please note: your child must be able to go in the water with our swim instructors, not a parent. Please make sure your child is ready to take lessons. There are no refunds once a program begins.**

**Pre-Beginner (PB)** - is at least 4 years old and has no experience swimming. (cannot swim without an aid)  
**Beginner (B)** - completed Pre-Beginner; can swim the dog paddle without an aid; and can float on back with an aid.  
**Advanced Beginner (AB)** - completed Beginner and can swim the Front Crawl & Back Strokes.  
**Intermediate (I)** - completed Advanced Beginner and can swim the Front Crawl, Back, & Elementary Back Strokes.  
**Swimmer (S)** - completed Intermediate & can swim the Front Crawl, Back, Elementary Back, Breast, & Side Strokes.

S	DATES	TIMES	LEVELS
1:	Jan. 16 - Feb. 11	7:00 - 7:40 PM	PB, B, AB, I, S
2:	March 4 - 27	6:00 - 6:40 PM	PB, B, AB, I
3:	March 4 - 27	6:50 - 7:30 PM	PB, B, AB, I, S
4:	April 8 - May 8	6:00 - 6:40 PM	PB, B, AB, I
5:	April 8 - May 8	6:50 - 7:30 PM	PB, B, AB, I, S

(No 4/15, 4/17)

**Who:** Children ages 4 & up  
**Meets:** Tuesdays & Thursdays  
**Fees:** \$67/\$52 w/ pool membership **each session** (non-residents add \$10), **\$5 discount for 2nd child**  
**Location:** HK HS Pool  
**Instructor:** Lisa Johnson, WSI



## Pre-School Swim

Has your child graduated from our parent/tot swim classes, but is too young for our group lessons? This is the perfect opportunity for your toddler to start swim lessons. Class is for children who are age three. **In order to participate, your child must be able to partake in a group instructional setting. Parents will not be in the water.**

**Who:** Toddlers age 3  
**Meets:** Tuesdays & Thursdays  
**Dates:** May 20 - June 12  
**Time:** 7:00 - 7:30 PM  
**Fees:** \$62/\$52 w/ pool membership (non-residents add \$10)  
**Location:** HK HS Pool  
**Instructor:** Lisa Johnson, WSI



## Kayak Practice Sessions

This winter enjoy the warm pool waters to work on your rolling techniques or learn for the first time, rescue variations and scenarios, and advanced bracing techniques. Euro and traditional Greenland backgrounds, river or sea kayaks welcome. Instruction will be given upon request. For more information and how to register, please call Greg Paquin or Kayak Waveology at 860-304-4000 or e-mail coach@kayakwaveology.com.

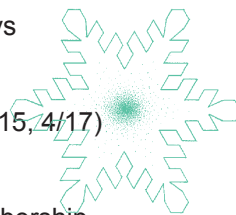


**Meets:** Sundays  
**Dates:** Dec. 15, January 5, 26, February 9 and March 30  
**Time:** 2:00 - 4:00 PM  
**Location:** HK HS Pool  
**Supervisor:** Gregory Paquin, local paddler, BCU 5 Star Sea, BCU Coach 3 T, ACA Advance Open Water, Sea Instructor SOLO, Wilderness First Aid

## Adult Semi-Private Lessons

Have you always wanted to learn to swim, but never had an opportunity to take lessons? Learn all the basics including treading water, floating, and stroke development such as crawl, breast, side, and back. If you already know how to swim and want to advance your skills, this will help make you a stronger swimmer. Class size can be from 1-2 students.

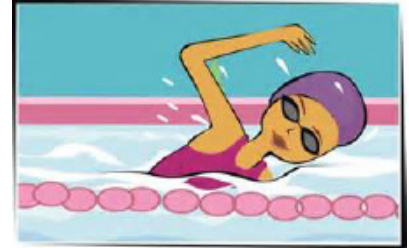
**Who:** High School and up  
**Meets:** Tuesdays & Thursdays  
**Session 1:** Jan. 16 - Feb. 11  
**Session 2:** March 4 - 27  
**Session 3:** April 8 - May 8 (No 4/15, 4/17)  
**Session 4:** May 20 - June 12  
**Time:** 7:50 - 8:30 PM  
**Fee:** \$67/\$52 w/ pool membership (non-residents add \$10) **each session**  
**Location:** HK HS Pool  
**Instructor:** Lisa Johnson, WSI



# Aquatic Programs

## Masters Swimming for Adults

Designed for swimmers of all levels and abilities, HK Masters Swim Club provides individualized workouts and instruction to meet each person's fitness goals. Open to adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming - one of the best forms of aerobic exercise. An excellent activity for anyone who wishes to get and stay fit. Masters provides a supportive environment designed to help swimmers improve fitness and/or train for specific goals and offers active support for a healthy lifestyle through friendship and camaraderie. For more info., please contact Jim Grimaldi at 345-7540 or go to [www.catswim.com](http://www.catswim.com).



**Who:** Adults 18 and over  
**Meets:** Mondays, Wednesdays, Fridays  
 (Jan./Feb, March/April, May/June sessions)  
**Time:** 6:00 – 7:15 AM  
**Location:** HK HS Pool  
**Fee:** \$75 each session w/ pool membership

### Senior Swim

There will be a lunch time swim open for Senior Citizens on Fridays at 11:00 - 11:45 AM starting February 28th. If you are planning on coming to swim, please call Robyne at 860-345-8334.

**\*\*\* Lifeguard Training... \*\*\***  
 \*\*\*info. on page 10\*\*\*

**\*\*\* Aqua Aerobics... \*\*\***  
 \*\*\*info. on page 16\*\*\*

## Schedule for the HK HS Pool & Fieldhouse

\*\*\*\*Pool and Fieldhouse hours are subject to change \*\*\*\*

	<u>DROP-IN SWIM</u> <i>(1 lap lane is available)</i>	<u>LAP SWIM</u>	<u>FIELDHOUSE</u>
<b>Monday:</b>	7:45 - 9:00 PM	7:15 - 7:45 PM	7:00 - 9:00 PM Basketball, Track
<b>Tuesday:</b>	7:30 - 8:30 PM (7:40 pm 1/21-2/11)	8:30 - 9:00 PM	7:00 - 9:00 PM Basketball, Track
<b>Wednesday:</b>	7:45 - 9:00 PM	7:15 - 7:45 PM	7:30 - 10:00 PM Volleyball League
<b>Thursday:</b>	7:30 - 8:30 PM (7:40 pm 1/16-2/6)	8:30 - 9:00 PM	7:00 - 9:00 PM Basketball, Track
<b>Friday:</b>	7:00 - 9:00 PM (Family Night)		CLOSED
<b>Saturday:</b>	CLOSED	CLOSED	CLOSED
<b>Sunday:</b>	12:00 - 2:00 PM	12:00 - 2:00 PM	Basketball, Track

**FEES:** Pool memberships valid thru June 30, 2014 - **SPECIAL 1/2 PRICE FEE!**

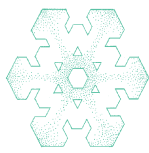
**RESIDENTS:** Family Pass - \$35 / Individual Pass - \$17.50 / Daily Admission - \$4

**NON-RESIDENTS:** Family Pass - \$40 / Individual Pass - \$20 / Must buy pass...no daily admission

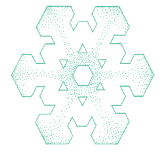
**SENIORS:** 60 & over are admitted free of charge. School events take precedence over all drop-in activities. Call the Rec. Hotline at 860-345-8334 to find out if facilities are open.

### Pool Rules

1. Lifeguards have the authority to restrict inexperienced swimmers to the shallow end of the pool. Swimmers under the age of six are not allowed in the pool by themselves.
2. No horseplay. No running on the deck. No pushing, no dunking or obscene actions in the pool. No hanging on the lap lanes.
3. No diving at the shallow end!
4. No glass bottles, food, or chewing gum allowed in area.
5. Non-swimmers must sit in the observation area.
6. No flotation devices of any kind allowed (only our bubbles can be used with a parent in the water).
7. Swimmers must take a warm, soap shower before entering the pool.
8. Only cotton, synthetic fiber swim suits allowed. (No "cut offs", boxer shorts, etc.).
9. Patrons are not allowed to throw balls in the pool. They will be allowed to play ball in the corner of the pool where the basketball hoop is. Please be mindful of other swimmers in the area. Thank you.



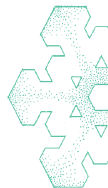
# Adult Programs - Aqua & Fitness



## Fitness Yoga

Journey through a mind-body class. Discover the strength and cardiovascular benefits of this power yoga class and enjoy the relaxation as you reduce stress. Gain flexibility and balance through a flow of yoga poses. This is a great class for all levels including advanced, intermediate, and beginners. *Please bring a yoga mat to class.*

**Who:** High School - Adult  
**Meets:** Tuesdays & Thursdays  
**Time:** 7:00 - 8:15 PM  
**Dates:** January 14 - May 29  
(No 2/18, 2/20, 4/15, 4/17)  
**Fees:** \$150 (36 coupons)  
\$95 (18 coupons)  
\$8 (1 coupon) (non-residents add \$10)  
**Coupons:** Each coupon is good for one class & must be turned in each class. Coupons expire in June '14 & are non-transferable.  
**Location:** HK HS Cafeteria  
**Instructor:** Liz Young, 200-hr Registered Yoga Trainer



## Aqua Aerobics

Feel great, look better, and have fun! This free-style class includes a variety of styles such as kickboxing, water walking, spinning, and more. Noodles, kickboards, and hand-bouys are used for a total body workout. This cardiovascular workout is designed for all ages & fitness levels. No special equipment or swimming skills required.

**Meets:** Mondays & Wednesdays  
**Session 1:** February 10 - April 2 (No 2/17, 2/19)  
**Session 2:** April 21 - June 9 (No 5/26)  
**Time:** 6:45 - 7:45 PM  
**Fees:** 2x / week: \$72/\$62 w/ pool membership and Sr. Citizens **each session**  
1x / week: \$36/\$31 w/ pool membership and Sr. Citizens **each session**  
\$8 drop-in rate (non-residents add \$10)  
**Location:** HK HS Pool  
**Instructor:** Marilyn Wakefield



## Senior Exercise

Get in shape, feel great, and have fun exercising with your friends. Especially designed for Senior Citizens.

**Meets:** Mondays & Thursdays  
**Dates:** Begins January 6  
**Time:** 9:00 - 9:40 AM  
**Fee:** \$1.50 **each class payable to instructor**  
**Location:** St. Lawrence Church, Killingworth  
**Instructor:** Anne Nord (Jan. - March)  
Valerie Corley (March - June)



**Discover the Benefits with HK Recreation...**  
*live longer, lose weight, promote health, look better, and feel great!*

## Zumba!

Zumba is a fun fitness craze sweeping the world! Fusing hypnotic Latin and other international rhythms with easy-to-follow moves, Zumba is a one-of-a-kind dance fitness class designed to burn calories and get your energy pumping. There are no complicated moves to learn and you don't need the coordination of a pro. Zumba is not only great for the body, but is also great for the mind. It is a "feel happy" workout. Join the party!



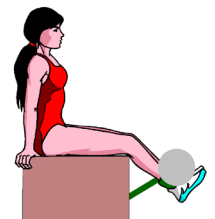
ZUMBA  
FITNESS

**Who:** High School & up  
**Meets:** Mondays & Wednesdays  
**Session 1:** January 22 - March 10 (No 2/17, 2/19)  
**Session 2:** March 24 - May 7 (No 4/14, 4/16)  
**Time:** 6:45 - 7:45 PM  
**Fee:** \$50 **each session** (2x a week) /  
\$32 **each session** (1x a week) /  
\$8 **for one class** (non-residents add \$10)  
**Location:** HK HS Aux. Gym (S1) / Fieldhouse (S2)  
**Instructor:** Stephanie Peterson, Certified Instructor

## Get Fit!

Re-shape your body and lose weight at the same time! This personalized class will emphasize safe and effective resistance training techniques to help achieve your fitness goals. A variety of cardiovascular equipment is available such as stationary bikes, elliptical trainers and treadmills. There is also weight training equipment. All ability levels will benefit from this class and participants can work out at their own personal pace. Start the year right and Get Fit!

**Who:** High School & up  
**Meets:** Mondays & Wednesdays  
**Session 1:** January 13 - March 3  
(No 1/20, 2/17, 2/19)  
**Session 2:** March 17 - April 30  
(No 4/14, 4/16)  
**Time:** 6:00 - 7:00 PM  
**Fee:** \$40 **each session** (non-res. add \$10)  
**Location:** HK New MS Fitness Room  
**Instructor:** Shay O'Brien





# Adult Programs - More Fun

## Ballroom Dancing

Back by popular demand! Come and learn Salsa, Swing, Fox Trot, Waltz, and other dances with one of CT's best dance instructors. All levels are welcome.

**Meets:** Mondays  
**Session 1:** January 27 - March 10 (No 2/17)  
**Session 2:** March 31 - May 12 (No 4/14)  
**Time:** 7:00 - 8:00 PM  
**Fee:** \$50 each session  
 (non-residents add \$10)  
**Limit:** Min. 4 Max. 20  
**Location:** HK HS Cafeteria  
**Instructor:** Kurt Lemmer and staff

## Canine Encounters Dog Obedience

Learn how to train your dog. Classes provide socialization through a group setting & enhances the relationship between owner and dog through the partnership which is developed through training. Communication, positive reinforcement, repetition, consistency, and timing are combined to establish bonding and skills. The basic commands such as sit, stay/wait, down, heel, the recall (come when called), and stand are taught in a positive and fun atmosphere. The goal is not a controlled pet, but rather a well-mannered, enjoyable & loved companion.



*The 1st class is for owners only (theory).*

**Who:** Dogs ages 5 months & up  
**Meets:** Thursdays  
**Session 1:** March 13 - April 17  
**Session 2:** May 8 - June 12  
**Time:** 5:30 - 6:30 PM  
**Fee:** \$98 / \$78 for repeat students (non-residents add \$10)  
**Limit:** Min. 5 Max. 10  
**Location:** HK HS Outside (back of school)  
 (1st class - HK HS Lower Media)  
**Instructor:** Marion Smith, Canine Encounters

## Haddam Club 60

Meets on the 1st and 3rd Monday of each month until June at the Old School Meeting House located on Rt. 154 in Haddam. Meetings start at 1:00 pm. New members welcome. Dress informal, laugh, & have refreshments and coffee. Other activities include informational meetings, trips, and bingo. Enjoy retirement on a Monday afternoon with Haddam Club 60 - where every member counts. For more information, please call Gloria Maynard at 860-345-2442.

## CT Basic Boat Course

Includes instruction in legal requirements, navigation rules, safety afloat, and other topics that will help participants become knowledgeable and safe boaters. Students passing will satisfy the requirements for the CT Safe Boating Certificate and Personal Watercraft Operation.

**Meets:** Tuesdays & Thursdays  
**Dates:** March 18 - 27  
**Time:** 6:30 - 9:00 PM  
**Fee:** \$15 (non-residents add \$5)  
**Location:** HES All-Purpose Room  
**Instructor:** DEP Instructor

*Discover the Benefits  
 with HK Recreation...  
 discover a hobby, expand  
 your interests, socialize with  
 friends; save a life!*



## Adult / Child CPR, AED, & First Aid

This American Red Cross Program will teach you how to respond to a breathing or cardiac emergency for an Adult or Child. Participants will become certified in Adult and Child CPR as well as AED and First Aid upon completion of the class.

**Meets:** Monday and Wednesday  
**Dates:** March 24 & 26  
**Time:** 5:45 - 7:45 PM  
**Fee:** \$50 (non-res. add \$10)  
**Limit:** Min. 4 Max. 10  
**Location:** HK HS Lower Media  
**Instructor:** Terri Benoit



## Adult Basketball Leagues

### NEW! Under 30 Men

**Who:** Residents & HK HS Grads ages 18-30  
**Meets:** Mondays and Wednesdays  
**Date:** January - March  
**Fee:** \$80, plus a \$25 shirt fee  
**Location:** HK Old and New MS Gyms



### Over 30 Men

**Who:** Residents ages 30+ (non-res. allowed if they referee in our Youth Lg.)  
**Meets:** Tuesdays, Thursdays, Sundays  
**Date:** January - March  
**Fee:** \$95, plus a \$25 shirt fee  
**Location:** HK Old and New MS Gyms

# Excursions - Day Trips

## UConn Women Basketball Games

Sign up for one or more UConn Women Games. These are no minimum trips, so there may be multiple pick-ups. Departure times and pick-up locations TBA. **Fee includes Deluxe Motorcoach Transportation, admission to the games, & Driver's Gratuity.**

**Game 1:** UConn vs UCLA at Madison Square Garden  
**Date:** Sunday, December 22  
**Fee:** \$78 per person

**Game 2:** UConn vs Rutgers at Rutgers Athletic Center  
**Date:** Sunday, January 19  
**Fee:** \$68 per person

**Game 3:** Semi-Finals Games at the AAC Women's Basketball Tournament at Mohegan Sun Arena (includes 2 games)  
**Date:** Sunday, March 9  
**Fee:** TBA

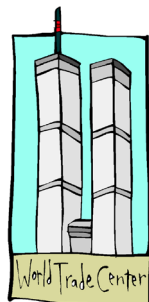


**Sign up early and save!**  
 Discount \$5 if you sign up for  
 - Rockettes by March 1st  
 - 9/11 Memorial by May 15th

## 9/11 Memorial and Museum

Travel to New York City! The first stop will be to the 9/11 Memorial. The memorial is a national tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks of September 11, 2001 at the World Trade Center, the Pentagon, and United Flight 93 that crashed near Shanksville, PA. The memorial design is defined by two reflecting pools, a grove of trees, and the names of the victims inscribed in bronze panels edging the Memorial pools - a powerful reminder of the unprecedented loss of life in an attack on US soil and of the iconic Twin Towers. You will then travel 7 stories underground to the newly opened 9/11 MUSEUM. The museum is broken into two sections. The historical aspect will include the events leading up to 9/11, the story of 9/11, and the world following the attacks. The memorial aspect will focus on the victims and their stories. After the museum, there will be an late-afternoon lunch at the famous Italian restaurant Carmine's. The meal will be served family style with platters of *Rigatoni & Broccoli* and *Chicken Parmigiana*. **Fee includes Deluxe Motorcoach Transportation, complete luncheon, admission to Memorial and Museum and driver gratuity.**

**Date:** Wednesday, June 25  
**Fee:** TBA  
**Departs:** TBA (there may be multiple pick-ups)  
**Returns:** Approximately 7:30 PM  
**Limit:** No minimum needed



**Discover the Benefits with HK Recreation...**  
 educate yourself, meet friends,  
 become resourceful,  
 and socialize!

## Heart & Lights with the Rockettes!

Travel to New York City! The first stop will be lunch at the famous Italian restaurant Carmine's. The meal will be served family style with platters of *Rigatoni & Broccoli* and *Chicken Parmigiana*. After lunch, depart for Radio City Music Hall where you will enjoy the brand new show, "Heart & Lights," starring the world-famous Rockettes! The tale follows two teenage girls through New York City as they unearth clues about their grandmother's past. During their journey, the Rockettes perform dances that draw on the essence of New York landmarks like the Metropolitan Museum of Art, Central Park and the stock exchange. There are no limits with this show, you are going to things you have never seen the Rockettes do before, so sit back, relax and enjoy this brand new show. This is a New York Getaway you won't want to miss. **Fee includes Deluxe Motorcoach Transportation, lunch at Carmine's, admission to the show, and driver gratuity.**

**Date:** Tuesday, April 15  
**Fee:** \$146 per person  
**Departs:** TBA (there may be multiple pick-ups)  
**Returns:** TBA  
**Limit:** No minimum needed

**In order for us to conduct excursions, we need participants to sign up as early as possible. We are required to make deposits 30 days prior to a trip. This will reduce the possibility of a trip cancellation. Thank you for your cooperation. There are no refunds on trips 2 weeks prior to the scheduled date.**



# Program Evaluation

**NAME OF PROGRAM YOU PARTICIPATED IN** \_\_\_\_\_

So we may serve you better, please complete this form and return to: HK Recreation Dept., 91 Little City Road, P.O. Box 569, Higganum, CT 06441. If you answer "no", please explain why, we need your ideas.

1. Did you (or your child) enjoy the program? \_\_\_\_\_

2. Do you think this program is worthwhile? \_\_\_\_\_

3. How would you rate the instructor?

poor    1    2    3    4    5    6    7    8    9    10    excellent

4. a.) Were you satisfied with the facilities and the equipment used for the program? \_\_\_\_\_

\_\_\_\_\_

b.) Were the facilities clean? \_\_\_\_\_

5. Was the program well organized? \_\_\_\_\_

6. Was the duration of the program adequate for the material covered? \_\_\_\_\_

7. Was the program offered at a convenient time? \_\_\_\_\_

8. Was the cost reasonable? \_\_\_\_\_

9. Your ideas are important to us. What suggestions do you have for this program?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. What other types of programs would you like to see the Recreation Department offer?

\_\_\_\_\_  
\_\_\_\_\_

11. If you would like a response to any of your comments, please leave your name and phone number.

\_\_\_\_\_  
\_\_\_\_\_

Thank you,

The HK Recreation Department

Haddam-Killingworth Recreation  
91 Little City Road  
PO Box 569  
Higganum, CT 06441

CAR-RT PRESORT

Non Profit Organization  
U.S. Postage Paid  
PERMIT No. 119  
Deep River, CT 06417

- New this Winter:**
- Messy Mondays
  - Music Together
  - Basics of Building
  - Animation
  - Digital Photography
  - iPhone Photography
  - Flag Football
  - Under 30 Men's B-ball



## Registration Form - 2014 Winter/early Spring

Create a household membership with the HK Recreation Department! Register on-line for most programs. Go to [www.hkrec.com](http://www.hkrec.com) and click on our registration page or see page 2 for more details. All programs are on a first come, first served basis. *Please make checks payable to the HK Rec. Department.*

NAMES	PROGRAM	SESSION #	FEE	OFFICE USE

ADDRESS \_\_\_\_\_ TOWN \_\_\_\_\_ HOME PHONE (\_\_\_\_) \_\_\_\_\_

CELL PHONE (DAD) (\_\_\_\_) \_\_\_\_\_ (MOM) (\_\_\_\_) \_\_\_\_\_ E-MAIL (required) \_\_\_\_\_

Participant 1: Age \_\_\_\_\_ Grade \_\_\_\_\_ DOB \_\_\_\_\_ (required)  
Participant 2: Age \_\_\_\_\_ Grade \_\_\_\_\_ DOB \_\_\_\_\_ (required)

Are there any physical conditions or disabilities we should be aware of?

Are special accommodations needed?

\_\_\_\_\_ does hereby covenant and agree to release and hold harmless the HK Recreation Dept. (and its agents) from and against any and all liability, loss, damage, claims or actions (including costs and attorney fees) for bodily injury and/or property damage, to the extent permissible by law, arising out of participation in a HK Recreation sponsored activity. I understand participation in a recreational activity may involve rigorous physical activity and risks of physical injury, and I assume these risks.

Parent's signature

Parent / Guardian's Signature \_\_\_\_\_

*Recreation Scholarships: Scholarships are available to families in need. They enable those who are eligible to join certain programs we sponsor at a reduced rate or free of charge. For information to see if you qualify, contact Frank Sparks, 345-8334. All inquiries are strictly confidential.*

# HK Recreation Winter/early Spring Programs

[www.hkrec.com](http://www.hkrec.com)

