

2015 Fall Programs

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On-line Registration!

Create a household membership with the HK Recreation Department! Register on-line for most programs. Go to www.hkrec.com and click on our registration page or see page 2 for more details. On-line registration begins for programs in this brochure on August 15th.

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

- 1) In-Person (located in the white house in front of the High School at 91 Little City Rd., Higganum)
- 2) Mail (HK Rec. Dept, PO Box 569, Higganum, CT 06441)
- 3) On-Line (<http://hkrec.recdesk.com/recdeskportal/>)

All programs are on a first come, first served basis. **Registrations must include a completed form and payment.** Confirmation e-mails are sent automatically once registered. Please make checks payable to the HK Recreation Dept. Returned checks will be charged a bank fee.

On-line Registration / Membership

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 and click on our Registration info. page. Click on the link to our RecDesk page.

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: Register for available programs and pay with CC.

Fees / Refund Policy

When fees are charged, payment is due at the time of registration or prior to the start of the program. 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. There may be credit card processing fees. 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.

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.

HK Recreation Department Staff

Robyne Brennan.....Director of Recreation
robyme@hkrec.com

Jen Saglio.....Director of Child Care
jen@hkrec.com

Josselyn Salafia.....Recreation Supervisor
josselyn@hkrec.com

Sheila Benoit.....Administrative Assistant
sheila@hkrec.com

HK Recreation Authority

Dan Colonia, Chairman
William Bowles
Bill Burley
Jim Duffield
Robert Fitzgerald
Tony Sledzik
Lisa Wiese

Upcoming Meetings:
Meetings are held on
Wednesdays at 7:30 pm
8/26, 9/23, 10/28, 12/2

Key Code - Facilities

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

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
(Jason Lonergan).....860-209-0833
HK Youth Lacrosse www.hkyouthlax.org
(Mike Civiello - President).....860-452-4163
HK Cougars Football www.hkcougars.com
(Pete Sonski - President).....president@hkcougars.com
HK Travel Basketball.....860-982-3000
(Eric Rettberg - President)
Cougar Aquatic Swim Team (CAT) www.catswim.com
(Deb Whiteley - Team Manager).....860-345-7365
Youth and Family Services.....860-345-7498
DEEP - Boating Division.....860-434-9840
American Red Cross - Middlesex.....860-347-2577

HK Recreation...the Benefits are Endless!

Pre-School & Youth 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!

Who: Children ages 1.5 - 4
Meets: Mondays
Session 1: September 21 - October 26 (No 10/12)
Session 2: November 9 - December 7
Time: 10:00 - 10:45 AM
Fee: \$47 / \$32 2nd child each session (non-res. add \$10)
Location: HK Old MS Room A-117
Instructor: Tracy Sizer



NEW!

Pee Wee Fall Soccer Academy

New this fall - kids ages 4 - K will have fun learning the fundamentals of soccer and have the opportunity to play in small-sided games. Each week professional coaches from UKI Soccer will lead volunteer parent coaches and players in 25-30 minutes of skills and drills. The players will then be randomly divided into small teams to play games.

Please bring a labeled soccer ball & wear shin guards. Fee includes a shirt.



Who: Children ages 4 - Kindergarten
Meets: Saturdays
Dates: September 12 - October 24 (No 10/10; 10/31 will be the rain date)
Time: 1:30 - 2:30 PM
Fee: \$70 (non-residents add \$10)
Location: Killingworth Recreation Park
Coaches: UK International Soccer Coach, plus volunteer parent coaches (please indicate if you can coach)



Critter Road Show

Pre-schoolers will love learning about different critters.

- Slithering Snakes** - Meet Pumpkin (Corn Snake), Aztec (Pueblan Milk Snake), and Monty (Python).
- Bird Buddies** - See the talking parrot Sammy (Amazon Parrot), Cloud (Ring Neck Dove) and Tico Tico or Kisses (Cockatiel).
- Critter Combo** - Surprise bird, mammal and reptile.

Who: Children ages 18 mos. and up
Meets: Wednesdays
Session 1: September 23 (**Slithering Snakes**)
Session 2: October 21 (**Bird Buddies**)
Session 3: December 2 (**Critter Combo**)
Time: 10:00 - 10:30 AM
Fee: \$15 / \$10 2nd child each session (non-res. add \$5)
Location: HK Old MS TBA
Instructor: CT Audubon Society Staff



Science Outreach - Pre-School

The CT Children's Museum is coming to HK! Have fun learning about science! Children will participate in hands-on interactive experiments. The topics include:

Fossils to Footprints - a fun look at how fossils are made. Kids will create their own "fossil" to take home.

Under the Sea - a fun and interactive program learning about marine life. Lottie, a live lobster will be visiting too. Other live marine animals may be introduced as well.

Out of this World - become an astronaut and tour the solar system, sample astronaut ice-cream, and learn about stars and constellations on the way! Experience an illuminated orbiter, harness the sun's energy to make solar prints to take home, and find out and make a rocket of your own to blast off into space!

Who: Boys & Girls ages 3 - 5
Meets: Wednesdays
Session 1: October 14 (**Fossils**)
Session 2: November 18 (**Under the Sea**)
Session 3: December 9 (**Out of this World**)
Time: 1:30 - 2:15 PM
Fee: \$22 each session (sign-up for both sessions for a \$10 discount!)
Limit: Min. 10 Max. 20
Location: HK Old MS Room A-117
Instructor: Ch. Museum of Southeastern CT Staff

Tumble Tots

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

Who: Boys & Girls ages 2.5 - 4
Meets: Tuesdays
Session 1: September 29 - October 27
Session 2: November 17 - December 15
Time: 9:30 - 10:15 AM
Fee: \$72 each session (non-residents add \$10)
Location: Caffery's Dance & Gymnastics School, Middletown
Instructor: Maureen Aresco, Caffery's 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 was made in class and tasty treats for their family to try. **Workshops** include:

Session 1: October 7 - learn how to make tasty pumpkin chocolate chip muffins and yummy Halloween candy corn popcorn balls for your families!

Session 2: November 4 - learn how to put a new twist on pizza. Pizza Pasta is a new fun recipe and we will learn how to make a new meal for you and your family to enjoy.

Session 3: December 2 - learn how to make two different desserts one healthy and one we will just say is fun! (Baked apples and snowman cupcakes). This time of year is very busy so let's learn how to make some desserts we can serve for a holiday meal.

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

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. Fee is for administrative services. All CARE instruction and materials are free. Equipment will be provided.

Who: Ages 8 - Adult (younger w/ parent ok)
Date: Saturday, September 12
Time: 8:00 - 12:00 PM
Fee: \$10 per family (non-residents add \$10)
Limit: Min. 10 Max. 20
Location: Care Center in Killingworth on Rt. 80 near Chatfield Hollow State Park
Instructor: Thomas Bourret, DEEP

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: Tuesdays
Dates: November 10 - December 8
Time: 3:45 - 4:45 PM
Fee: \$65 (non-residents add \$10)
Location: HES Gym
Coach: UK International Soccer Camp Coach



Science Outreach

The CT Children's Museum is coming to HK! Have fun learning about science! Children will participate in hands-on interactive experiments. The topics include:

Fossils to Footprints - a fun look at how fossils are made. Kids will create their own "fossil" to take home.

Under the Sea - a fun and interactive program learning about marine life. Lottie, a live lobster will be visiting too. Other live marine animals may be introduced as well.

Out of this World - become an astronaut and tour the solar system, sample astronaut ice-cream, and learn about stars and constellations on the way! Experience an illuminated orbiter, harness the sun's energy to make solar prints to take home, and find out and make a rocket of your own to blast off into space!

Who: Boys & Girls grades K - 4
Meets: Wednesdays (HES) / Thursdays (KES)
Session 1: October 14 at HES (Fossils)
Session 2: October 15 at KES (Fossils)
Session 3: November 18 at HES (Under the Sea)
Session 4: November 19 at KES (Under the Sea)
Session 5: December 9 at HES (Out of this World)
Session 6: December 10 at KES (Out of this World)
Time: 3:30 - 4:15 PM
Fee: \$22 / \$15 if enrolled in after-school same day each session / \$17 each if you sign-up for 2 or more!
Limit: Min. 10 Max. 20
Location: HES or KES Library
Instructor: Children's Museum of Southeastern Staff



Youth Programs

Fairy Garden Fun

Back by popular demand! Create your very own fairy garden. Each participant will go home with a completed fairy garden which includes container, plants, soil and fairy garden accessories. Fee includes all materials. Great for all ages.

- Date:** Saturday, September 26
- Time:** 11:00 AM (takes 1 - 2 hours)
- Fee:** \$45 (non-residents add \$5)
- Location:** Town and Country Nurseries, Haddam
- Instructor:** Town and Country Nurseries Staff



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. *Children may try out the 1st class to see if they like it before registering. Please e-mail robyne@hkrec.com to reserve a spot.*



- Who:** Boys & Girls ages 5 - 12
- Meets:** Mondays (HES) / Wednesdays (KES)
- Session 1:** September 21 - December 14 (No 10/12) at HES
- Session 2:** September 16 - December 16 (No 11/11, 11/25) at KES (*meets at normal time on 10/21*)
- Time:** 3:30 - 5:00 PM
- Fee:** \$68 each session (non-res. add \$10)
- Location:** HES or KES Gym
- Instructor:** Mike Moan, 7th Degree Black Belt
- Assistants:** HES: Mr. Judkins, 7th Degree Black Belt
KES: Mrs. Wheeler, 1st Degree Black Belt

Wizard's School of Magic - Presto!

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!



- Who:** Boys & Girls grades K - 4
- Session 1:** Wednesday, October 7 at HES library
- Session 2:** Thursday, October 22 at BES library
- Session 3:** Wednesday, December 2 at KES library
- Time:** 3:30 - 4:30 PM
- Fee:** \$22 each session (non-res. add \$5)
- Limit:** Min. 10 Max. 20
- Instructor:** Tom O'Brien, Professional Magician

NEW! Games Galore

Kids will have fun learning and playing classic and modern indoor board games such as "Scattergories", "Pictionary", Scrabble, Fast Monopoly, Stratego, Life, Clue, "Guess Who", Cadoo, Conga, Cranium Scribblish, and Masterpiece. Computer versions will not be used so children will be encouraged to have face-to-face interactions. The program will conclude by challenging the kids to "make a game" that has outside appeal, good rules and may be pitched to Parker Brother.

- Who:** Boys & Girls in grades K - 4
- Meets:** Thursdays (KES) / Fridays (BES, HES)
- Session 1:** September 17 - October 8 at KES
- Session 2:** October 2 - 23 at BES
- Session 3:** November 6 - December 4 (No 11/27) at HES
- Time:** 3:30 - 5:00 PM
- Fee:** \$65 each session (non-res. add \$10)
- Limit:** Min. 6
- Instructor:** Kids Corner Staff

Horseback Riding

Fall is a perfect season to go 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. Western or English saddles will be used. All equipment will be provided, including helmet. The facility is lighted. Participants should wear pants. A heeled shoe (boots) is preferred.

- Who:** Ages 6 & up
- Meets:** Tuesdays or Wednesdays
- Session 1:** Tuesdays, September 8 - 29
- Session 2:** Wednesdays, September 9 - 30
- Time:** 5:30 - 7:00 PM
- Fee:** \$160 each session (non-residents add \$10)
- Limit:** Max. 4 per time slot
- Location:** Sycamore Farm
118 Christian Hill Rd.,
Higganum, CT



Did you know that:
participating in a recreation activity keeps you fit, healthy, and strong!



Youth Programs

Acting

This multi-faceted program includes theater games, concentration exercises, creative movement, imagination play, sense work, and basic stage skills. This workshop will focus on developing each child's creativity and self-confidence.

Who: Boys & Girls grades K - 4
Meets: Tuesdays (KES) / Thursdays (HES)
Session 1: October 6 - November 24 (No 11/3) at KES
Session 2: October 8 - December 3 (No 10/29, 11/26) at HES
Time: 3:30 - 4:15 PM
Fee: \$113 each session (non-residents add \$10)
Limit: Min. 7 Max. 20
Location: KES Music Rm. / HES Gym
Instructor: Performing Arts Staff



Gymnastics

Students will be introduced to basic floor tumbling as well as some apparatus use. They 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. Children will also be introduced to the low-rail bar, and learn squats and straddles on the vault.



Who: Boys & Girls grades K - 3
Meets: Tuesdays at BES / Fridays at KES
Session 1: September 29 - October 27 at BES
Session 2: October 2 - October 30 at KES
Session 3: November 10 - December 8 at BES
Session 4: November 13 - December 18 (No 11/27) at KES

** In the event of weather cancellation, Ms. Maureen will hold make-up classes in her studio in Middletown if we can't add on time to the remaining classes.*

Time: 3:30 - 4:15 PM
Fee: \$72 each session (non-res. add \$10)
Limit: Min. 10 Max. 15
Location: BES or KES Gym
Instructor: Maureen Aresco, Caffery's Dance School

NEW!

Rocket Science

Blast off in this thrilling class full of young "aerospace engineers." Students in this class will use a wide variety of mediums including, but not limited to, recycled plastic bottles, foam blocks, tape, cardboard, paper, newspaper, string and glue. Using the recycled materials, young engineers will design rockets and explore different methods of propulsion in learning about aerospace engineering. In addition, chemical engineering will be explored as a method of propulsion!

Who: Boys and girls entering Gr. 3 - 6
Meets: Tuesdays
Dates: September 22 - October 20
Time: 4:15 - 6:15 PM
Fee: \$108 (non-residents add \$10)
Location: HK HS Cafeteria
Instructor: Andrew Escalara, Engineering Imagination



Hip Hop Dance Workshop

Come to a dance-party workshop! Kids will have a blast and learn some cool Hip Hop Dance moves. There will be fun DJ lights and an instructional entertaining presentation by Austin Dailey. Kids will even create their own dance moves. Don't miss the fun!

Who: Boys & Girls grades K - 5
Meets: Fridays
Session 1: September 25 at KES
Session 2: October 23 at HES
Time: 1) 1:05 - 2:05 PM / 2) 3:30 - 4:30 PM
Fee: \$17 each session / \$10 if enrolled in After-School same day (non-res. add \$5)
Location: HES or KES Gym
Instructor: Austin Dailey, Red Supreme Productions



NEW!

Egg-gineering

Kids will have a blast learning about and applying real-world engineering concepts in hopes of avoiding an egg-plosion! Given only recycled materials, they will have to design a contraption capable of protecting a raw egg during free-fall drops from varying heights. Students have so much fun with this timeless engineering challenge that they will arrive to class eager and excited to apply real-world engineering skills!

Who: Boys and girls entering Gr. K - 2
Meets: Tuesdays
Dates: November 10 - December 1
Time: 4:15 - 6:15 PM
Fee: \$90 (non-residents add \$10)
Location: HK HS Cafeteria
Instructor: Andrew Escalara, Engineering Imagination





Youth Basketball League (gr. 3 - 8)

Please look for more information to go out through the schools or visit www.hkrec.com.

Youth Programs

Play-Well LEGO™

Engineering Fundamentals

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. New challenges will be available for repeat LEGO Engineers!



Who: Boys & Girls grades K - 4
Meets: Mondays
Dates: October 5 - November 30 (No 10/12)
Time: 3:30 - 5:00 PM
Fee: \$145 (non-residents add \$10)
Limit: Min. 12 Max. 16
Location: BES Library
Instructor: Play-Well Staff

3D Building at it's Best

No amount of "huffing and puffing" will blow our buildings down! Learn principles of construction and use math skills as you experiment with scale and size, staggering vs stacking. In a hands-on class using LEGO® materials, we'll build houses with removable roofs, castles with turrets, and towers of strength! This class is a progressive building class from week to week. No bricks will be taken home. Children will work in groups. Please bring a snack every day. Pictures will be e-mailed home.

Who: Boys & Girls ages 5 - 12
Meets: Thursdays at HES / Fridays at KES
Session 1: September 24 - October 15 at HES
Session 2: September 25 - October 16 at KES
Time: 3:30 - 5:00 PM (*on 9/25, will meet from 1:05-2:30 PM)
Fee: \$103 each session (non-residents add \$10)
Location: HES or KES library
Instructor: Computer Education Staff

"When I'm in Charge"

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

Who: Students ages 9 & up
Date: Wednesday, September 30
Time: 5:45 - 7:45 PM
Fee: \$26 (non-residents add \$5)
Location: HK HS Lower Media
Instructor: Terri Benoit, American Red Cross



www.hkrec.com

Creative Art

Explore a world of creativity! Children will create a variety of different projects from wood to crafts to paper art. Each session will also have a day of cookie decorating! Come use your imagination to make wonderful treasures. **Please bring a smock or shirt and a neat snack too!**

Who: Boys & Girls grades K - 4
Meets: Mondays (KES) / Tuesdays (HES) / Wednesdays (BES)
Session 1: September 21 - October 19 (No 10/12) at KES
Session 2: September 22 - October 13 at HES
Session 3: September 23 - October 14 at BES
Session 4: October 26 - November 16 at KES
Session 5: November 10 - December 1 at HES
Session 6: November 4 - December 9 (No 11/11, 11/25) at BES
Session 7: November 23 - December 14 at KES
Time: 3:30 - 4:45 PM
Fee: \$50 each session (non-residents add \$10)
Location: KES or BES All-Purpose Rm.
Instructor: Tracy Distasio

Discover the Benefits...with HK Recreation



LEGO® Minecraft on the Farm

This class combines Engineering, Papercrafts and Legos in one class. You'll need food to survive, so fence in the livestock and channel the flowing water to nurture the crops. Children will work in groups to design their own creation. This class includes micro-figs, torches, mob figures, making a pickaxe and various games. No Legos® will be taken home. Please bring a snack everyday to class. Pictures will be e-mailed home.

Who: Boys & Girls ages 5 - 12
Meets: Thursdays at HES / Fridays at KES
Session 1: November 5 - December 10 (No 11/26) at HES
Session 2: November 6 - December 11 (No 11/27) at KES
Time: 3:30 - 5:00 PM
Fee: \$103 each session (non-res. add \$10)
Location: HES or KES library
Instructor: Computer Explorers Staff

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 introduced for the advanced class. Wear good sneakers, t-shirt & sweatpants. **Mr. Barnett will offer the younger Fencing classes on Wednesdays this winter. He unfortunately was not able to schedule them this fall.**

Who: Students grades 9 - 12
Meets: Thursdays
Dates: October 1 - November 19
Time: 6:00 - 8:00 PM
Fee: \$115 (non-residents add \$10)
Limit: Min. 4 Max. 8
Location: HK MS Cafeteria
Instructor: Peter Barnett



NEW!

Sign Language

Students will learn to finger spell the whole alphabet and add full words for basic sentences. Kids' Corner then has children play vocabulary games, do rapid-finger spelling, and do story telling. Class includes the history of ASL, basic vocabulary (family, food, everyday conversations, numbers, and animals) and basic sentence structure

Who: Boys & Girls in grades K and up
Meets: Thursdays
Dates: September 17 - October 22
Time: 3:30 - 5:00 PM
Fee: \$65 (non-residents add \$10)
Limit: Min. 6
Location: BES Library
Instructor: Kids Corner Staff



Kid's Guitar Lessons

Group lessons are one of the best ways to get started learning music. When learning in a group, students don't feel the stress sometimes associated with private lessons. This course is specifically designed for the beginning guitar player. Students will learn how to read music, play scales, use a pick, position both left and right hands, play songs, read chord charts, strumming and much, much more. Charles, the owner of Charles' Music Center of Old Lyme, has been playing guitar for 29 years and teaching for more than 16 years. He is a fun, energetic teacher who believes that learning music should be fun. Students must bring a guitar (acoustic or electric guitars are acceptable) and a guitar pick. A music book will be provided. If you'd like to purchase an affordable guitar please feel free to contact Charles at (860) 434-9977.

Who: Boys & Girls grades 2 - 6
Meets: Mondays
Session 1: September 21- November 2 (No 10/12)
Session 2: November 9 - December 14
Time: 4:30 - 5:30 PM
Fee: \$100 (includes a book) each session (non-residents add \$10)
Limit: Min. 4 Max. 6
Location: HK HS Cafeteria
Instructor: Charles Domlar, Charles Music School

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: Wednesdays, October 14, 21, 28
Session 2: Mondays, November 2, 9, 16
Time: 5:45 - 8:00 PM
CPR Session: T/Th, December 8 & 10, 5:45 - 7:45
Fee: \$72 each session / \$46 for CPR s (non-res. add \$10)
Limit: Min. 6 Max. 12
Location: HK HS Lower Media
Instructor: Terri Benoit, American Red Cross Instructor

Did you know that:
 participating in a recreation activity decreases boredom, promotes creativity and creates fun memories.



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)

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).

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)

Who: Students 16 years old & up (must turn 16 before the 1st class)
Meets: Tuesdays & Thursdays
Times: **a)** 3:00 - 5:00 PM or **b)** 6:00 - 8:00 PM
(Please list time when registering)
Location: HK HS Room C-111
Instructors: Diane Stanley and Nancy McGee

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. Required for all drivers, including those over 18. **Fee:** \$150

Option 1 and 2 (classroom dates):
Dates: September 22 - November 12 (plus 9/17 Parent/Student Informational Class, 6:00 - 8:00 PM) (No 10/29, 11/3).
Please note: class will meet on Mon. 10/5 and Mon. 11/9 (in place of 10/6 & 11/10)
Fees: \$500 (**Option 1**) / \$265 (**Option 2**) (non-residents add \$10)

Required by State Law!
Parent/Student Informational Class:
Thursday, September 17th
6:00 - 8:00 PM
HK HS Seminar Room

All students must attend and if under 18, a parent has to attend with them as well. Students will not receive a certificate unless they, as well as at least one parent, attend this 2-hr. class.

For more info, visit www.crdrivingschool.com

Option 3 (Safe Driving Program):
Dates: September 22, 24, 29, & October 1 (plus 9/17 - Parent/Student Informational Class, 6:00 - 8:00 PM)

On Site Driver License Testing provided by Crossroads Driving School, LLC. Please call Crossroads Driving School @ 860-262-0287 for more information.

Did you know that:
participating in a recreation activity provides enrichment, diminishes boredom, and provides a safe place to hang out with friends!

Discover the Benefits...with HK Recreation

Babysitting Referral List:
Have you taken the Babysitting Class? If so and you want to be added to our referral list, please contact us for a permission slip.

Haddam Club 60
Meets on the 1st and 3rd Monday of each month, except on a holiday in which case it meets the following Monday. Meetings are held in the Haddam Sr. Center on Saybrook Rd. in Haddam. New members are welcome. Informational meetings, trips, visiting with friends, and bingo are some activities. Enjoy retirement and spend a Monday afternoon with Haddam Club 60 - where every member counts. For more information, call Beth Hartke at 345-4608.

Program Idea?
If you have a skill or hobby you would like to share, the HK Recreation Dept. is always looking to sponsor new programs. Please e-mail josselyn@hkrec.com with your proposal.

Need a Babysitter?
The HK Recreation Department has compiled a list of babysitters. E-mail us and we will give you names of babysitters who live in your area. For privacy purposes, we do not mail out the list or give out addresses. All students on our Referral List have taken the American Red Cross Course and have been given permission to be added to the list.

Travel Basketball Tryouts
Girls (Gr. 4 - 8) 9/22 & 9/29
Boys (Gr. 3 - 8) 9/23 & 9/30
at HK HS FH / Old MS Gym
(times to be announced)
Contact HKTBasketball@aol.com

2015-16 HK Recreation After School Program

State Licensed Care for children in Grades K - 6

Call 860-345-8334 for more info!

The HK Recreation Department sponsors After School Programs at Burr Elementary School, Killingworth Elementary School, and Haddam Elementary School. The programs provide care for children in Kindergarten through 6th grade (**students in grades 5 & 6 will be bused to the elementary school of your choice**). The programs are designed to accommodate any children who are physically handicapped. Program is for students attending Region #17 Schools.

The programs operate daily from 3:25 - 6:00 PM (KES, BES, & HES). On scheduled half-days of school, the program begins at 1:05 PM and ends at 6:00 PM. Children may be registered to attend on either a part-time or full-time basis. A special vacation child care program is offered on most school holidays and vacations (Rosh Hashanah, Veteran's Day, Teacher Professional Days, February and April School Vacations). The program does not meet on days when school is cancelled or dismissed early due to weather or other emergencies.

The program curriculum is realistic and diversified. The types of activities offered include: arts and crafts, organized sports and games, free play (indoor and outdoor), homework assistance, computer use, dance, special rainy day activities, and an Annual Picnic in June. The curriculum strives to meet the varying needs of the different children and their respective ages.

The 2015-16 Fee Structure is as follows:

Full-Time: Full-time fees are calculated each month, based on the number of school days. If you register full-time (4 or 5 days/week), the fee (based on 20 regular school days) would be \$260 per month (1st child) and \$160 (2nd child). The number and length of school days vary per month so the rate will change each month.

Part-Time: The Recreation Department must be notified each month of specific days your child will attend. Adjustments in the days a part-time child attends may be made by contacting the Director of Child Care! If you register part-time (child attends 1, 2, or 3 days per week), the fee is \$15 per day (1st child) and \$11 per day (2nd child.) Discounts for additional children are available.

All payments are due the fourth Friday of each month and will cover the following month. There is a \$5 per day late payment fee for any payments not received by the fourth Friday of each month. Payment notices will be handed out the third Friday of each month and parents have seven days to submit payment.

There is an annual processing fee of \$15 per child. (Maximum of \$30 per family)

Recreational Scholarships are available for families in need.

Contact the HK Recreation Office at 860-345-8334.



How to register for the 2015-16 After School Child Care Program

Registration Packets are available:

- at the HK Recreation Department Office
- at the HES, BES or KES After School Programs
- via our web site - www.hkrec.com

For more information, please call Jen Saglio, Director of Child Care, 860-345-8334 or e-mail jen@hkrec.com

We cannot guarantee early September enrollment for those who register after 8/21.

HK Recreation

All-Day Child Care - September 14th

There is no school on Thursday, September 14th (Rosh Hashanah), but HK Recreation Department will be providing an all-day child care program.

Who: Any children in grades K - 6
Where: HK HS Cafeteria
When: 7:00 - 6:00 pm
Fee: \$37 (1st child) / \$32 (2nd child) / \$27 (3rd child)
 (non-residents add \$10 each)



Activities include:

- Swimming at the HK Pool from 10:00 - 12:00 PM.
- Arts and Crafts
- Fun sports and games as well!

What to Bring:

Bag lunch, swimsuit and towel. AM & PM snacks will be provided.



REGISTRATION FORM

Please fill out and return by Thursday, September 10th. Sign up early! Space is limited!

Name _____ Grade _____ DOB _____

Name _____ Grade _____ DOB _____

Address _____ Phone _____

Parents' Names _____ Work # _____ (Mom) _____ (Dad)

e-mail (required) _____ Cell Phone # _____ (Mom) _____ (Dad)

Permission to swim? Please Circle: Yes No Shallow End Only

List any medical/behavioral conditions: _____

_____ does hereby covenant and agree to release and hold harmless the HK
 (Parent's name) 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 out of participation in the child care program. I understand participation in a HK Recreation sponsored activity may involve rigorous physical activity and risks of physical injury, and I assume these risks.

Parent/Guardian's Signature _____

Please return to: HK Recreation Dept., PO Box 569, Higganum, CT 06441

HK Recreation

All-Day Child Care - Nov. 3rd & 11th

HK Recreation Department will be providing an all-day child care on both Nov. 3rd and 11th.



Who: Any children in grades K - 6
Where: HK HS Cafeteria
When: 7:00 - 6:00 pm
Fee: **November 3rd:** \$40 (1st child) / \$35 (2nd child) / \$30 (3rd child)
November 11th: \$37 (1st child) / \$32 (2nd child) / \$27 (3rd child)
 (non-residents add \$10 each)

Activities include:

- Swimming at the HK Pool from 10:00 - 12:00 PM.
- Arts and Crafts
- Fun sports and games as well!
- **Bounce/Climb/slide Inflatable from 9:00-3:30 PM (11/3 only)**



What to Bring:

Bag lunch, swimsuit and towel. AM & PM snacks will be provided.

REGISTRATION FORM

Please fill out and return by Friday, October 30th (for 11/3) & Monday, November 9th (for 11/11)

Sign up early! Space is limited!

Which day are you registering for? (please circle one or both dates)

Session 1: Tuesday, November 3rd

Session 2: Wednesday, November 11

Name _____ Grade _____ DOB _____

Name _____ Grade _____ DOB _____

Address _____ Phone _____

Parents' Names _____ Work # _____ (Mom) _____ (Dad)

e-mail (required) _____ Cell Phone # _____ (Mom) _____ (Dad)

Permission to swim? Please Circle: Yes No Shallow End Only

List any medical/behavioral conditions: _____

_____ does hereby covenant and agree to release and hold harmless the HK
 (Parent's name) 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 out of participation in the child care
 program. I understand participation in a HK Recreation sponsored activity may involve rigorous physical activity and risks of
 physical injury, and I assume these risks.

Please return to: HK Recreation Dept., PO Box 569, Higganum, CT 06441
 Phone: (860) 345-8334 www.hkrec.com

Aquatic Programs

Parent and 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 with parent
Meets: Tuesdays & Thursdays
Dates: September 8 - October 1
Time: 6:30 - 7:00 PM
Fee: \$64/\$52 w/ pool membership (non-residents add \$10)
Limit: Max. 25
Location: HK HS Pool
Instructor: Lisa Johnson, Water Safety Instructor



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: Children age 3 (without parent)
Meets: Tuesdays & Thursdays
Dates: September 8 - October 1
Time: 7:00 - 7:30 PM
Fee: \$64/\$52 w/ pool membership (non-residents add \$10)
Limit: Max. 12
Location: HK HS Pool
Instructor: Lisa Johnson, Water Safety Instructor



Children's Swim Lessons

Each session has a limited number of spots available for each skill 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 without an aid.
Advanced Beginner (AB) - completed Beginner and can swim the Crawl & Back Strokes.
Intermediate (I) - completed Advanced Beginner and can swim the Crawl, Back, & Elementary Back Strokes.
Swimmer (S) - completed Intermediate and can swim the Crawl, Back, Elementary Back, Breast, & Side Strokes.

S	DATES	TIMES	LEVELS
1	Oct. 8 - Nov. 3	6:00 - 6:40 PM	PB, B, AB, I
2	Oct. 8 - Nov. 3	6:50 - 7:30 PM	PB, B, AB, I, S
3	Nov. 10 - Dec. 8	6:00 - 6:40 PM	PB, B, AB, I
4	Nov. 10 - Dec. 8 (No 11/26)	6:50 - 7:30 PM	PB, B, AB, I, S

Who: Children ages 4 & up
Meets: Tuesdays & Thursdays
Fees: \$68/\$54 w/ pool membership **each session** (non-residents add \$10; \$5 discount 2nd child)
Location: HK HS Pool
Head Instructor: Lisa Johnson, Water Safety Instructor

Discover the Benefits...
with HK Recreation



Adult Semi-Private Swim 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: September 8 - October 1
Session 2: October 8 - November 3
Session 3: November 10 - December 8 (No 11/26)
Time: 7:50 - 8:30 PM
Fee: \$68/\$54 w/ pool membership (non-residents add \$10) **each session**
Location: HK HS Pool
Instructor: Lisa Johnson, Water Safety Instructor

Aquatic Programs

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. (water shoes may be used).

Meets: Mondays & Wednesdays
Session 1: September 9 - October 21 (No 10/12)
Session 2: October 28 - December 14 (No 11/11, 11/25)
Time: 6:45 - 7:45 PM
Fees: \$68/\$55 w/ pool membership and Sr. Citizens **each session** (non-res. add \$10) / \$8 per class drop-in rate
Limit: Min. 7 Max. 25
Location: HK HS Pool
Instructor: Marilyn Wakefield, Certified Aqua Aerobic Instructor



Senior Swim

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

Schedule for the HK HS Pool & Fieldhouse

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

Pool memberships valid thru June 30, 2016

RESIDENTS: Daily Admission - \$4 each person / Family Pass - \$80 / Individual Pass - \$40

Seniors: 60 & over are admitted free of charge

NON-RESIDENTS: Family Pass - \$90 / Individual Pass - \$45 (No daily admission)

FACILITIES OPEN: Pool - September 8th (Sundays - Oct. 4th) / Fieldhouse - week of October 4th

School events take precedence over all drop-in activities. Please call us at 345-8334 to find out if facilities are open.

Pool Rules

- 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.
- No horseplay. No running on the deck. No pushing, no dunking or obscene actions in the pool. No hanging on the lap lanes.
- No diving at the shallow end!
- No glass bottles, food, or chewing gum allowed in area.
- Non-swimmers must sit in the observation area.
- No flotation devices of any kind allowed (only our bubbles can be used with a parent in arms reach in the water).
- Swimmers should take a warm, soap shower before entering the pool.
- Only cotton, synthetic fiber swim suits allowed. (No "cut offs", boxer shorts, etc.).
- Patrons are not allowed to throw balls in the pool.
- No pets allowed.
- All ladders must be put back in place if removed by a group. Ladders must be in pool for swim lessons and drop-in swim.
- Starting blocks must be covered when not in use.
- No one allowed in pool unless a Lifeguard is on deck. Thank you.



Aquatic Programs



CAT Swim Team

Start your child off on a path to lifetime fitness and fun by joining the celebrated Cougar Aquatic Team. Competitive swimming offers a superior non-contact, cardiovascular activity - teaching your child to set and reach personal goals while enjoying the support and camaraderie of a team. USA Swimming certified coaches offer tailored training programs geared to all ages and abilities. CAT aims to foster your child's ability to develop skills, attain personal excellence and contribute to team success.

Beginner CAT is designed to introduce the sport of competitive swimming to children between the ages of 6-11 while allowing them to both learn and have fun. This program focuses on developing all 4 technical strokes. Swim meets are optional. Must be able to complete 1 lap of freestyle with rotary breathing and have a working knowledge of a second stroke. Boys and Girls 6-11 yrs. Practice offered 3 days/wk.

Age Group CAT program aims to further develop technical stroke skills, advance the level of swimming, enhance fitness levels, and introduce swimmers to competition between various USA Swimming teams. Must be able to complete 2 laps of freestyle with rotary breathing and have working knowledge of the other 3 technical strokes. Boys and Girls 10-14 yrs. Practice offered 5 days/wk.

Senior CAT offers its athletes the opportunity to succeed at the highest achievable level in swimming. Extensive instruction and training build upon the skill sets developed in Age Group CAT. Results include refined technique, increased endurance and superior competitive results. Boys and Girls 13/over and/or coach permission. Practice offered 6 days/wk including drylands.

- Who:** Boys and Girls ages 6-21
- Practices:** Offered up to 6 days a week depending on the program
- Dates:** Short Course - September through March / Long Course - April through August
- Time:** Weeknights beginning at 4:45pm, weekends at 8:00am (times may vary throughout the season)
- Location:** HK HS Pool
- Head Coach:** Devon Moore
- Contact:** CATswimLC@gmail.com

Check out www.catswim.com for more information on our 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. Programs are open to adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming. Swimming is one of the best forms of aerobic exercise, and it is an excellent activity for anyone who wishes to get fit and stay fit. HK 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 information contact Jim Grimaldi at 860-345-7540.

- Who:** Adults 18 and over
- Meets:** Mondays, Wednesdays and Fridays for 2 month sessions (Sept./Oct. and Nov./Dec.)
- Time:** 6:00 – 7:15 AM
- Location:** HK HS Pool
- Fee:** \$75 each 2 month session plus HK Rec. pool membership (\$40/yr) as well as a CT Masters Swimming Membership required (\$40/yr)

Discount Tickets



The HK Recreation Department has discounted tickets. What a great deal! Fun for the entire family! **Tickets are good any day of the '15 season - but please check with the venue to find out the dates they are open to the public! Tickets are available for purchase until 9/3 for Lake Compounce and Six Flags.**

Lake Compounce

Fee: \$28 per ticket
(plus \$2 handling fee) = \$30

Six Flags New England

Fee: \$37 per ticket
(plus \$2 handling fee) = \$39

CT Science Center

Fee: \$14 per ticket **Available:** All year

Adult Programs - Fitness

Change your mindset from "I have to go work out" to "I get to go work out!"

NEW!

Fitness Yoga

Journey through a 75 minute 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
Dates: September 8 - December 8
(No 11/26)
Time: 7:00 - 8:15 PM
Fees: \$125 (26 coupons)
\$80 (13 coupons)
\$10 (1 coupon) (non-residents add \$10)
Coupons: Each coupon is good for one class, must be turned in each time you attend, are non-transferable, and expire 12/17/15.
Location: HK HS Cafeteria
Instructor: Liz Young, 200 hr Registered Yoga Trainer



Zumba and Cardio Kickboxing

Zumba is a Latin inspired dance/fitness craze you don't want to miss. Traditional Latin dances are mixed with modern music and easy to follow choreography to give a great and fun cardio workout. Stretching, abs and toning will also be added. Anyone can Zumba - no dance experience necessary!



Cardio Kickboxing Fusion is a great workout for everyone interested in improving their fitness & stamina. This class is flexible to serve the needs of all students - it will get beginners into shape and it will challenge advanced athletes. Class format integrates combinations of punches and kicks. Additional muscle and motion exercises are incorporated to strengthen and tone.

Who: High School & up
Meets: Mondays (Zumba)
Wednesdays (Kickboxing)
Session 1: September 9 - October 21 (No 10/12)
Session 2: October 28 - December 14
(No 11/11, 11/25)
Time: 6:45 - 7:45 PM
Fees: \$50 each session (12 classes)
\$32 each session (6 classes)
(non-res. add \$10) / \$10 per class drop-in
Location: HK HS Auxillary Gym (FH if available)
Instructor: Skye Washington, Certified Instructor

NEW!

Active Adult Exercise

Try this new exercise and wellness program open to everyone! Are you new to exercise, recovering from injury, desiring to improve your health and mobility? By offering both aerobic and weight training, with stretch and core strengthen, this program covers all sides of the exercise spectrum. Mondays & Thursdays will be a fast paced standing aerobic exercise routine, using multiple muscle movements and hand weights, promotes brain stimulation, muscle regeneration, improved strength, circulation and heart rate. Tuesdays & Fridays will be a slower paced standing class which offers stretching, and strengthening of core muscles, arms, legs, and a goal towards improving coordination and balance using hand weights, bands, and balls.

Meets: Mondays, Tuesdays, Thursdays, Fridays
(on-going until Dec. 31st, no holidays)
Time: 9:00 - 10:00 AM
Fee: \$24 for a 16 class pass (good for 1 month)
or \$2 each class payable to instructors
Location: St. Lawrence Church, Killingworth
Instructor: Valerie Corley



Did you know that:
regular exercising prevents
sickness, reduces stress,
controls weight, and makes
you feel better and more
energized!

Co-ed Volleyball League

If you have a team or would like more info., please call 860-345-8334 or e-mail Robyne at robyne@hkrec.com. If you do not have a team, please call or e-mail, and your name will be put on a list that will be made available to the captains. If a team captain needs more players, they will contact you from the list. The league plays on Wednesday evenings at the HK HS Fieldhouse and begins in October.

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: September 9 - October 26 (No 9/14, 10/12)
Session 2: November 2 - December 16 (No 11/11, 11/25)
Time: 6:00 - 7:00 PM
Fee: \$48 each session (non-res. add \$10)
Location: HK MS Fitness Room
Instructor: Shay O'Brien

Adult Programs

Men's Fall Basketball

Get off those couches and come out to play! A great way to stay fit and get in shape for the winter basketball league. Returning players, please bring your blue/gold reversible Men's League tank top. New players, please bring \$25 to purchase a Men's League reversible tank top. Residents only!

Meets: Sundays
Dates: October 4 - December 13 (No 11/29)
Time: 12:00 - 2:00 PM
Fee: \$30 (non-residents add \$10)
Location: HK Old MS Gym
Supervisors: Todd Corey and Tommy Thompson

30 & Over Basketball League

What a great way to get in shape! Games begin in January. Registration will be on December 6th and 13th at the Old MS Gym (12:00 pm). More info. coming soon on our website.

Who: Residents of HK only, 30 & over
When: Sundays, Tuesdays, & Thursdays
Dates: January - April
Where: HK MS Gyms
Fee: \$90 (plus \$25 one-time shirt fee)

CT Basic Boat Course

This D.E.E.P. class 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.

* Dates are still being confirmed by DEEP.

Who: Ages 12 & up
Meets: Mondays & Wednesdays
Dates: September 16, 21, 23
Time: 6:00 - 9:00 PM
Fee: \$15 (non-residents add \$5)
Location: HES All-Purpose Room
Instructor: DEEP instructor



Household Organizing Workshop

If you've always wanted to learn how to have a more organized home or are just looking for new tips and strategies to be more organized, then join this series! Learn to create an organized home with less clutter and less stress leaving you with more time to enjoy your family and your home. This series focuses on basic organizing strategies, time management, organizing your living spaces, and preparing for the holidays. Participants will receive an organizing binder with helpful printables to assist you in finding focus and simplifying your daily life.

Meets: Tuesdays
Dates: October 20 - December 8
Time: 7:00 - 8:00 PM
Fee: \$80 (non-res. add \$10)
Location: HK HS Lower Media
Instructor: Joleen Peoples, Professional Organizer

NEW!

www.hkrec.com

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 theory - no dogs.**

Who: Dogs ages 5 months & up
Meets: Thursdays (rain date Fridays)
Dates: September 10 - October 15
Time: 5:30 - 6:30 PM
Fee: \$98 / \$78 for repeat students (non-residents add \$10)
Limit: Min. 4 Max. 10
Location: HK HS (Back of School). Theory class will meet in HK HS Lower Media
Instructor: Marian Smith, Canine Encounters



Adult Guitar Lessons

Group lessons are one of the best ways to get started learning music. This course is specifically designed for the beginning guitar player. Learn how to read music, play scales, use a pick, position both left and right hands, play songs, read chord charts, strumming and much, much more. Must bring a guitar (acoustic or electric guitars acceptable) and a pick. If you'd like to purchase an affordable guitar please contact Charles at (860) 434-9977.

Who: Older teens and adults
Meets: Mondays
Session 1: September 21- November 2 (No 10/12)
Session 2: November 9 - December 14
Time: 5:45 - 6:45 PM
Fee: \$100 (includes a book) each session (non-residents add \$10)
Limit: Min. 4 Max. 6
Location: HK HS Cafeteria
Instructor: Charles Domlar, Charles Music School

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. Become certified in Adult and Child CPR as well as AED and First Aid upon completion of the class. This also satisfies the state curriculum for CT Childcare providers.

Meets: Tuesday & Thursday
Dates: October 13 & 15
Time: 6:00 - 8:00 PM
Fee: \$50 (non-res. add \$10)
Location: HK HS Lower Media
Instructor: Terri Benoit



Excursions - Day Trips

Salem in October

Travel to historic Salem, MA to visit the House of Seven Gables, which was originally built in 1668 by Captain John Turner and lived in by the Tuner family for more than a century. This is the house that inspired Nathaniel Hawthorne's famous novel. Walk back into history as you enjoy a guided tour of the house, including a secret stairway to the upper bedroom. Lunch is included today at Victoria Station located at Pickering Wharf, the beautiful eating complex at Salem Harbor. Enjoy a choice of Teriyaki Chicken with Pineapple Cilantro Salsa, New England Baked Haddock, Marinated Steak Tips or Vegetarian Pasta Primavera. After lunch, there will be a guided tour of the Salem and Marblehead area. Some of the highlights include the Salem Witch Museum, Witch Trials Memorial, million dollar mansions and the "Spirt of 76", the original painting by A.M. Willard, located in Abbott Hall. **Fee includes Deluxe Motorcoach transportation, admissions where applicable, local guide and sightseeing, complete luncheon and driver's gratuity.**

Date: Tuesday, October 27
Fee: \$123 per person
Departs: TBA (there may be multiple pick-ups)
Returns: TBA
Limit: No minimum needed



Sign up early and save!

- Salem by 9/28
- Radio City by 9/25
- Christmas in Hawaii by 11/16

Radio City Christmas Spectacular

Depart to New York City! Upon arrival, enjoy lunch at the famous Italian restaurant **Carmine's**. The meal will be served family style with platters of Pasta Du Jour and Chicken Parmigiana. After lunch, enjoy the 2015 edition of the Radio City Christmas Spectacular, starring the world famous Rockettes! Be apart of this American tradition, as a new show will be introduced with a bounty of exciting segments and special effects, yet still retaining the favorite classical Christmas sights and songs!



Fee includes Deluxe Motorcoach Transportation, show, lunch, & Driver's Gratuity.

Date: Friday, November 20 (must register by 10/8)
Fee: \$183 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.

Christmas in Hawaii with Bright Nights

Depart to Chicopee, MA and the **Hu Ke Lau Restaurant and Dinner Theater**. Enjoy a complete luncheon featuring choice of Prime Rib or Chicken and Broccoli with Pork Fried Rice. After the meal, enjoy a "**Christmas in Hawaii**" show featuring Polynesian dancers, traditional Hawaiian Christmas dances and Christmas songs. You will feel as though you have been transported to the island of Hawaii. After the show, visit the Holyoke Mall and the **Christmas Tree Shop**, well known for its bargains. The last stop will be Forest Park where **Bright Nights** is held. See the largest lighting display, featuring more than 2.5 miles of magnificent displays and over a quarter of a million lights. **Fee includes Deluxe Motorcoach Transportation, complete luncheon and show, admission to Bright Nights, & Driver's Gratuity.**

Date: Wednesday, December 16
Fee: \$85 per person
Departs: TBA (there may be multiple pick-ups)
Returns: TBA



Program Evaluation

NAME OF PROGRAM YOU PARTICIPATED IN _____

So we may serve you better, please complete this form and return to: HK Recreation Dept., 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
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 fall:

- Sign Language
- Cardio Kickboxing
- Pee Wee Fall Soccer Academy
- Household Organizing Workshop
- Rocket Science
- Egg-gineering
- Active Adult Exercise



**POSTAL
CUSTOMER - LOCAL**



Registration Form - Fall

Please mail in the registration to HK Recreation Department, PO Box 569, Higganum CT 06441.
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 _____ Gr. _____ DOB _____ (required for all)
PARTICIPANT 2: Age _____ Gr. _____ DOB _____ (required for all)

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, please call 345-8334. All inquiries are strictly confidential.