

2016 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.

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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 (www.hkrec.com)

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
Bill Burley
Jim Duffield
Tony Sledzik
Lisa Wiese

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

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

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 19 - October 24 (No 10/10)
Session 2: November 7 - December 5
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



Critter Road Show

Pre-schoolers will love learning about different critters.

- 1) Bugaboos** - Meet Hiss (Hissing Cockroach), Mealies (meal worms) and Earthworms if in season
- 2) Tremendous Turtles** - meet Turtleini (Box Turtle), Clover (rescued Box Turtle), and Mae West (Gopher Tortoise).
- 3) Critter Combo** - Surprise bird, mammal, bug or reptile.

Who: Children ages 18 mos. and up
Meets: Wednesdays
Session 1: September 21 (**Bugaboos**) **NEW!**
Session 2: October 19 (**Tremendous Turtles**)
Session 3: November 30 (**Critter Combo**)
Time: 10:00 - 10:30 AM
Fee: \$15 / \$10 2nd child each session (non-res. add \$5)
Location: HK Old MS Room A-117
Instructor: CT Audubon Society Staff

Did you know that:
 participating in a recreation activity uses imagination, and provides socialization!

Tumble Tots

Pre-Schoolers will be introduced to basic floor tumbling such as 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. Some children under the age of 3 may require parent participation.

Who: Boys & Girls ages 2.5 - 4
Meets: Tuesdays
Session 1: September 27 - October 25
Session 2: November 15 - December 13
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



Pee Wee Fall Soccer Academy

Back again 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 a professional coach 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 10 - October 22 (No 10/8; 10/29 will be the rain date)
Time: 1:30 - 2:30 PM
Fee: \$70 (non-residents add \$10)
Location: Killingworth Recreation Park, Field 2
Coaches: UKI Soccer Coach, plus volunteer parent coaches (please indicate if you can coach)

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:

Crazy Science - Get out the safety glasses and lab coats- It's slime time! From reactions to polymers, scientific principles such as states of matter, experimenting with nanotechnology through investigating sand that never gets wet, building with sand that never dries out, children use equipment to investigate and explore. Don't miss the spectacular ending!



Magnets - Explore the properties of magnets! Learn about magnetic fields, polarities, and the concepts of attraction and repulsion through fun experiments and games. Build an endless variety of shapes and structures using Playmag Magnetic Building Blocks, and even create a magnetic painting to take home!

Cool Comets and Magnificent Meteor - Is a shooting star really a star? Learn all about where "shooting stars" come from and what they are made of! We'll explore the difference between celestial bodies and try to "melt" our own comets as we uncover the meteoroids inside!

Who: Boys & Girls ages 3 - 5
Meets: Wednesdays
Session 1: September 28 (**Crazy Science**)
Session 2: November 9 (**Magnets**)
Session 3: December 14 (**Comets and Meteor**)
Time: 1:30 - 2:15 PM
Fee: \$22 each session (\$17 each if you sign-up for two or more sessions per kid)
Limit: Min. 10 Max. 20
Location: HK Old MS Room A-117
Instructor: Ch. Museum of Southeastern CT Staff

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 was made in class and tasty treats for their family to try. **Workshops** include:

Session 1: October 5 - work with fondant and make spooky holiday decorations to top cupcakes with as well as yummy pumpkin muffins!

Session 2: November 2 - gear up for Thanksgiving and make turkey cookie treats. We will start by making homemade apple crisp and while they bake we will create delicious edible turkeys.

Session 3: December 7 - learn how to make snowman cupcakes and a baked ziti for the family. This time of year is very busy so let's learn how to make an entree and dessert 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: Sunday, September 18
Time: 8:00 - 12:00 PM
Fee: \$10 per family (non-residents add \$10)
Limit: Min. 10 Max. 20
Location: Care Center, 364 Rt. 80 in Killingworth (across from Chatfield Hollow State Park)
Instructor: Justin Wiggins, 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 15 - December 13
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:

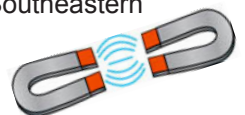
Crazy Science - Get out the safety glasses and lab coats-It's slime time! From reactions to polymers, scientific principles such as states of matter, experimenting with nanotechnology through investigating sand that never gets wet, building with sand that never dries out, children use equipment to investigate and explore. Don't miss the spectacular ending!

Magnets - Explore the properties of magnets! Learn about magnetic fields, polarities, and the concepts of attraction and repulsion through fun experiments and games. Build an endless variety of shapes and structures using Playmag Magnetic Building Blocks, and even create a magnetic painting to take home!

Cool Comets and Magnificent Meteor - Is a shooting star really a star? Learn all about where "shooting stars" come from and what they are made of! We'll explore the difference between celestial bodies and try to "melt" our own comets as we uncover the meteoroids inside!

Who: Boys & Girls grades K - 4
Meets: Wednesdays (HES) / Thursdays (KES)
Session 1: September 28 at HES (Crazy Science)
Session 2: September 29 at KES (Crazy Science)
Session 3: November 9 at HES (Magnets)
Session 4: November 10 at KES (Magnets)
Session 5: December 14 at HES (Comets & Meteor)
Session 6: December 15 at KES (Comets & Meteor)
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 sessions per kid!
Limit: Min. 10 Max. 20
Location: HES or KES Library
Instructor: Children's Museum of Southeastern

Discover the Benefits...with HK Recreation!



HK Recreation...the Benefits are Endless!

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 24
Time: 10:00 - 12:00 PM
Fee: \$45 (non-residents add \$5)
Location: Town and Country Nurseries, Haddam
Instructor: Town and Country Nurseries Staff



Wizard's School of Magic - Abracadabra!



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 5 at HES library
Session 2: Thursday, October 20 at BES library
Session 3: Wednesday, December 7 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

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 6 - 27
Session 2: Wednesdays, September 7 - 28
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
Instructor: Diane DiGioia, Sycamore Farm



NEW! Skyhawks Fall Tennis

STA, a division of Skyhawks Sports Academy, is staffed and operated by an elite group of certified tennis professionals providing the most modern tennis training techniques available in a safe and fun environment. **Please indicate which level when registering. Bring tennis racquet, sneakers and water.**

TEDDY TENNIS (ages 3-6) - Teddy Tennis is a fantastic educational program that inspires children to get active and learn to play tennis. It works by combining music, pictures, and teddy bear stories (created by Teddy Tennis) into a totally interactive learning adventure that children love.

RED BALL (ages 6-9) -The fundamental tennis skills are taught along with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills on a 36 foot court. In addition, players will improve their movement and rallying skills, develop better tennis mechanics and more consistent shots. A variety of fun activities are used to improve player athleticism.

GREEN BALL (ages 8-12) - Emphasizes all aspects of the game and helps improve proper shot technique. Focus is placed on live ball drills that develop rallying and decision-making skills along with proper movement and recovery. Point playing games are used to reinforce the skills learned and to improve the player's competitive skills.

Who: Boys and girls ages 3 - 12
Session 1: Mondays, September 12 - October 17 (No 10/10) **(Red and Green Ball)**
Session 2: Thursdays, September 15 - October 13 **(Teddy Tennis)**
Times: 5:00 - 6:30 PM (S1) /
5:00 - 5:45 PM (S2 ages 3-4)
5:50 -6:35 PM (ages 5-6)
Fees: \$75 (Teddy) / \$110 (Red/Green Ball)
Location: HK HS Tennis Courts
Instructor: Skyhawks Staff

NEW! Canvas and Cupcakes (Parent/Kid Paint Night)

Unleash your inner Picasso in this unique adult/child paint night workshop. This is a fun way for you and your child to have a fun night out with friends, create a painting, and enjoy a treat. No prior experience necessary.

Who: Children age 7 and up with an adult
Session 1: Friday, November 18
Session 2: Friday, December 16
Time: 6:00 - 8:00 PM
Fee: \$60 per adult/child pair (includes supplies) **each session** (non-residents add \$10)
Location: HK HS Cafeteria
Instructor: Kidsapades, LLC Instructor



NEW!

Youth Programs

Engineering Workshops

Have fun in these engineering workshops! Topics include:

Applied Engineering with LEGO - Step up to the next level with this more advanced LEGO® TECHNIC class! Continuing to use the versatility and ingenuity LEGO® brings, young engineers will use LEGO®, as well as other teaching mediums, to expand their understanding of more advanced, complex engineering concepts and terminology.

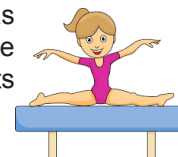
Roller Coaster Engineering - Design, Build, and Test Customized Model Roller Coasters! Participants will use a variety of materials to fabricate customized, functioning model roller coasters. Students will not only enjoy building model roller coasters, but they will also learn about the pertinent engineering, planning, and mechanics!

How Things Work - Reverse Engineering - Have you ever been curious to discover what's inside the devices we use everyday? In this class, students will use reverse engineering to take things apart. Students will use a reverse engineering process to learn about how things are put together, how they function, how to fix them, and even attempt to make them more efficient! In this class, students will disassemble a brand-new remote-control car and attempt to put it back together again. The students also get to take the vehicle home with them!

Who: Boys & Girls grades K - 4
Meets: Tuesdays (KES) / Wednesdays (HES) / Fridays (BES)
Session 1: September 20 at KES (**Applied**)
Session 2: September 21 at HES (**Applied**)
Session 3: September 30 at BES (**Applied**)
Session 4: November 4 at BES (**Roller Coaster**)
Session 5: November 23 at HES (**Roller Coaster**)
Session 6: November 29 at KES (**Roller Coaster**)
Session 7: December 7 at HES (**Reverse**)
Session 8: December 9 at BES (**Reverse**)
Session 9: December 13 at KES (**Reverse**)
Time: 3:30 - 5:00 PM (Note S5 will be 1:05 - 2:30)
Fee: \$22 each for session 1 - 6. \$25 each for Sessions 7 - 9. Save \$10 if you register for 2 or more sessions per child.
Limit: Min. 12 Max. 14
Location: HES, KES, or BES Libraries
Instructor: Andrew Escalara, Engineering Imagination

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 - 4
Meets: Tuesdays at BES / Fridays at KES
Session 1: September 27 - October 25 at BES
Session 2: September 30 - October 28 at KES
Session 3: November 15 - December 13 at BES
Session 4: November 4 - December 16 (No 11/11, at KES 11/25)
** 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. 6 Max. 12
Location: BES or KES Gym
Instructor: Maureen Aresco, Caffery's Dance School



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

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 4 - November 22 (No 11/8) at KES
Session 2: October 6 - December 1 (No 10/27, 11/24) at HES
Time: 3:30 - 4:15 PM
Fee: \$118 each session (non-res. add \$10)
Limit: Min. 7 Max. 20
Location: KES Music Rm. / HES Gym
Instructor: Performing Arts Staff



Travel Basketball Tryouts
GIRLS: Mondays 9/19 & 9/26
BOYS: Wednesdays 9/21 & 9/28
 7:00 - 8:30 pm
 HK Middle School Gym
 Contact Eric Rettberg at 860-982-3000

HK Rec. Youth Basketball League (gr. 3-8)
 Please look for more information to go out through the schools or visit www.hkrec.com.



HK Recreation...the Benefits are Endless!

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 17 - December 5 (No 10/31)
Time: 3:30 - 5:00 PM
Fee: \$136 (non-residents add \$10)
Limit: Min. 12 Max. 16
Location: BES Library
Instructor: Play-Well Staff

Minions, Minions, & more Minions

Minions are everywhere....come join the fun-filled class with scavenger hunts, LEGO® building and computer technology. This class includes clay, paper, painting, and foam activities. Tablets are welcome with Minions pre-loaded. 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 17 - December 15 (No 11/24) at HES
Session 2: November 18 - December 16 (No 11/25) at KES
Time: 3:30 - 5:00 PM
Fee: \$103 each session (non-res. add \$10)
Location: HES or KES library
Instructor: Computer Education 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 josselyn@hkrec.com to reserve a spot.*

Who: Boys & Girls ages 5 - 12
Meets: Mondays (HES) / Wednesdays (KES)
Session 1: September 12 - December 12 (No 10/10, 10/31) at HES
Session 2: September 14 - December 14 (No 10/12, 11/23) at KES (meets at normal time on 10/19, 10/26)

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 snack too!**

Who: Boys & Girls grades K - 4
Meets: Mondays (KES) / Tuesdays (HES) / Wednesdays (BES)
Session 1: September 12 - October 3 (No 10/12) at KES
Session 2: September 14 - October 5 at BES
Session 3: September 20 - October 11 at HES
Session 4: October 17 - November 14 (No 10/31) at KES
Session 5: October 25 - November 22 (no 11/8) at HES
Session 6: November 2 - November 30 (No 11/23) at BES
Session 7: November 21 - December 12 at KES
Time: 3:30 - 4:45 PM
Fee: \$50 each session (non-residents add \$10)
Location: KES or BES All-Purpose Rm.
Instructor: Tracey Distasio

Make Your Own Star Wars Movie

Do you want to be the next Steven Spielberg or George Lucas? Use your imagination, creativity and movie making experience to build with LEGO® sets, backgrounds and pictures to create your masterpiece. The movie clip will be featured on YouTube. Please bring a snack.



Who: Boys & Girls ages 5 - 12
Meets: Thursdays at HES / Fridays at KES
Session 1: September 22 - November 3 (No 10/20, 10/27) at HES
Session 2: September 30 - November 4 (No 10/21) at KES
Time: 3:30 - 5:00 PM
Fee: \$103 each session (non-residents add \$10)
Location: HES or KES library
Instructor: Computer Education Staff

Youth & Teen Programs

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 5, 19, 26
Session 2: Wednesdays, November 2, 9, 16
Time: 5:45 - 8:00 PM
CPR Session: T/Th, December 6 & 8, 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
Instructor: Terri Benoit, American Red Cross Instructor



Group Guitar Lessons

New this year we are now offering parents to participate in the class with their child. Group lessons are one of the best ways to get started learning music as 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 31 years and teaching for more than 18 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 and up (Parents too)
Meets: Mondays
Session 1: September 12 - October 24 (No 10/10)
Session 2: November 7 - December 12
Time: 4:30 - 5:30 PM
Fee: \$100 (1 person) / \$150 (child/parent) (includes a book) each session (non-residents add \$10)
Limit: Min. 4 Max. 6
Location: HK HS Cafeteria
Instructor: Charles Domlar, Charles Music School

Brazilian Jiu Jitsu

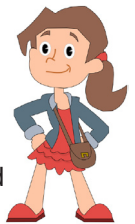
This class is a grappling based martial art that is fun in sport but also very useful in the act of self defense. Participants will work hands-on with fellow members to learn a variety of techniques from submission holds to take downs. Every class will have a component of learning and drilling techniques, as well as live training where members can practice freely. Jiu Jitsu is physically challenging but is also accommodating to all fitness levels and is great for the mind and body. Highly recommended for any off season wrestlers looking to become in season champions. Whether you are new to Jiu Jitsu or have trained for years, have no sport experience or are in the best shape of your life, this program is for you.

Who: Boys and Girls entering Gr. 5 & up (Adults welcome)
Meets: Tuesdays and Thursdays
Session 1: September 6 - 29
Session 2: October 4 - 27
Session 3: November 1 - December 1 (No 11/8, 11/24)
Time: 5:30 - 7:30 PM
Fee: \$98 / \$88 (if you register for all 3) each session (non-residents add \$10)
Location: HK MS Gym (Small Court)
Instructor: Kenny Markwat, DCNU BJJ, taught by nova uniao purple belt under Danillo Cherman

"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 28
Time: 5:45 - 7:45 PM
Fee: \$26 (non-residents add \$5)
Location: HK HS Lower Media
Instructor: Terri Benoit, American Red



Did you know that?
 participating in a recreation activity
 decreases boredom and creates fun memories.

Before School Sunrise Club

Come enjoy the morning with friends playing games, coloring, reading, etc. Program meets for one hour before the start of school. Program follows the school calendar and does not meet when school is delayed or cancelled due to weather or other emergencies.

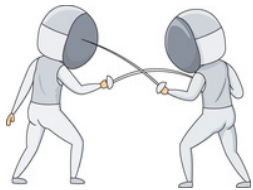
Who: Children grades K- 4 who attend BES or HES (HES students will take transfer bus)
Time: 7:45 - 8:45 AM
Fee: \$100 / \$50 (2nd child) each month
Limit: Max. 15
Location: BES All-Purpose Room
Staff: Lisa Stankiewicz, BES Para Educator

HK Recreation...the Benefits are Endless!

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.



Who: Students grades 9 - 12
Meets: Tuesdays & Thursdays
Dates: October 18 - December 8 (No 11/8, 11/24)
Time: 6:00 - 8:00 PM
Fee: \$125 (non-residents add \$10)
Limit: Min. 4 Max. 10
Location: HK MS Cafeteria
Instructor: Peter Barnett

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

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.

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.



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:** \$555 (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. Required for all drivers, including those over 18. **Fee:** \$150

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).



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

Who: Students 16 years old & up (must turn 16 before the 1st class)
Meets: Mondays & Wednesdays
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 and Seminar Room
Instructors: Diane Stanley and Nancy McGee

Option 1 and 2 (classroom dates):

Dates: September 19 - November 21 (plus 9/14 Parent/Student Info. Class, 6:00 - 8:00 PM)
 (No 10/10, 10/12, 10/19, 10/26, 10/31).
Fees: \$555 (**Option 1**) / \$265 (**Option 2**) (non-residents add \$10)

Option 3 (Safe Driving Program):

Dates: September 19, 21, 26 (plus 9/14 - Parent/Student Info. Class, 6:00-8:00 PM)
Fee: \$150

Required by State Law!

Parent/Student Informational Class:
Wednesday, September 14th
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

2016-17 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 (Yom Kippur, Veteran's Day, Teacher Professional Days, President's Day break 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, and special rainy day activities. The curriculum strives to meet the varying needs of the different children and their respective ages.

The 2016-17 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 \$280 per month (1st child) and \$200 (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 \$16 per day (1st child) and \$13 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 \$20 per child. (Maximum of \$40 per family)
Recreational Scholarships are available for families in need.
Contact the HK Recreation Office at 860-345-8334.



How to register for the 2016-17 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 8/26.

HK Recreation

All-Day Child Care - October 12th

There is no school on Wednesday, October 12th (Yom Kippur), 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: \$40 (1st child) / \$35 (2nd child) / \$30 (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 Friday, October 7th. 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. 8th & 11th

HK Recreation Department will be providing an all-day child care on both Nov. 8th and 11th.



Who: Any children in grades K - 6
Where: HK HS Cafeteria
When: 7:00 - 6:00 pm
Fee: **November 8th:** \$43 (1st child) / \$38 (2nd child) / \$33 (3rd child)
November 11th: \$40 (1st child) / \$35 (2nd child) / \$30 (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 (11/8 only)**



What to Bring:

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

REGISTRATION FORM

Please fill out and return by Friday, November 4th Sign up early! Space is limited!

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

Session 1: Tuesday, November 8th

Session 2: Friday, 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 6 - 29
Time: 6:30 - 7:00 PM
Fee: \$68/\$54 w/ pool membership (non-residents add \$10)
Limit: Max. 25
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.

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 6 - 29
Time: 7:00 - 7:30 PM
Fee: \$68/\$54 w/ pool membership (non-residents add \$10)
Limit: Max. 12
Location: HK HS Pool
Instructor: Lisa Johnson, Water Safety Instructor

S	DATES	TIMES	LEVELS
1	Oct. 6 - Nov. 1	6:00 - 6:40 PM	PB, B, AB, I
2	Oct. 6 - Nov. 1	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 11/24)	6:50 - 7:30 PM	PB, B, AB, I, S

Who: Children ages 4 & up
Meets: Tuesdays & Thursdays
Fees: \$72/\$56 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.

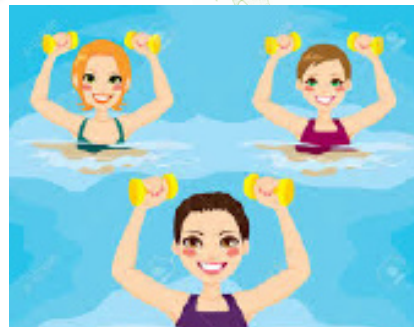
Who: High School and up
Meets: Tuesdays & Thursdays
Session 1: September 6 - 29
Session 2: October 6 - November 1
Session 3: November 10 - December 8 (No 11/24)
Time: 7:50 - 8:30 PM
Fee: \$72/\$56 w/ pool membership (non-residents add \$10) **each session**
Location: HK HS Pool
Instructor: Lisa Johnson, 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 7 - October 24 (No 10/10, 10/12)
Session 2: November 2 - December 14 (No 11/23)
Time: 6:45 - 7:45 PM
Fees: \$72/\$60 w/ pool membership and Sr. Citizens **each session** (non-res. add \$10) / \$10 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 9th. If you are planning on coming to swim, please call Robyne at 860-345-8334.

Schedule for the HK HS Pool & Fieldhouse

	DROP-IN SWIM <i>(1 lap lane is available)</i>	LAP SWIM	FIELDHOUSE
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, 2017

RESIDENTS: Daily Admission - \$5 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. 2nd) / Fieldhouse - week of October 2nd

School events take precedence over all drop-in activities. Please check daily calender 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

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 '16 season - but please check with the venue to find out the dates they are open to the public! Tickets are available for purchase until 9/2 for Lake Compounce and Six Flags.**

Lake Compounce

Fee: \$29 per ticket
 (plus \$2 handling fee) = \$31

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!"

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 6 - December 8
 (No 11/8, 11/24)
Time: 7:00 - 8:15 PM
Fees: \$130 (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 12/22/16.
Location: HK HS Cafeteria
Instructor: Liz Young, 200 hr Registered Yoga Trainer



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



Get Fit!

Re-shape your body and lose weight at the same time! Achieve your fitness goals by using safe and effective resistance training techniques. 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 7 - October 24
 (No 10/10, 10/12)
Session 2: November 2 - December 14 (No 11/23)
Time: 6:00 - 7:00 PM
Fee: \$60 (2x a week) / \$36 (1x a week) /
 \$10 drop-in **each session**
 (non-res. add \$10)
Location: HK MS Fitness Room
Instructor: Shay O'Brien

Zumba and Kickboxing

Sign up for just Zumba, just Kickboxing, or both!

Zumba is a Latin inspired dance/fitness class 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.



Kickboxing is a great workout for everyone interested in improving their stamina. This class is flexible and serves the needs of all students - it will get beginners into shape and it will challenge advanced athletes. Class will integrate a combination of punches and kicks. Additional muscle and strength training exercises are incorporated to strengthen and tone. **Please bring a mat or towel.**

Meets: Mondays, 7:00 - 8:00 PM (**Zumba**)
 Wednesdays, 6:30 - 7:30 PM (**Kickboxing**)
Session 1: September 12 - October 26
 (No 10/10, 10/12)
Session 2: November 2 - December 14 (No 11/23)
Fees: \$60 **each session** (12 classes) /
 \$36 **each session** (6 classes) /
 \$10 **drop-in rate** / (non-res. add \$10)
Location: HK HS Auxillary Gym
Instructors: Nancy Giannini, Certified Instructor-Zumba
 Jacob Pajor, Martial Arts Instructor -
 Kickboxing

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

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 2 - December 11 (No 11/27)
Time: 12:00 - 2:00 PM
Fee: \$30 (non-residents add \$10)
Location: HK Old MS Gym
Supervisors: Todd Corey, Drew Sassi, & Tommy Thompson

30 & Over Basketball League

What a great way to get in shape! Games begin in January. Registration will be on December 4rd and 11th 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: \$100 (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.

Who: Ages 12 & up
Meets: Tuesdays & Thursdays
Dates: September 13, 15, 20, 22
Time: 6:00 - 9:00 PM
Fee: \$15 (non-residents add \$5)
Location: HES All-Purpose Room
Instructor: DEEP instructor



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 18 & 20
Time: 6:00 - 8:00 PM
Fee: \$50 (non-res. add \$10)
Location: HK HS Lower Media
Instructor: Terri Benoit



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 8 - October 13
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



Co-ed Volleyball League

If you have a team or would like more info., please call 860-345-8334 or e-mail Josselyn at josselyn@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.

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.

Adult Horseback Riding

Do you want to learn to ride or get back into riding? All equipment will be provided. Participants should wear pants. A heeled shoe (boots) is preferred. The facility is lighted.

Who: Ages 14 and up
Meets: Thursdays
Dates: September 8 - 29
Time: 5:30 - 7:00 PM
Fee: \$165 (non-res. add \$10)
Limit: Max. 4 per time slot
Location: Sycamore Farm, 118 Christian Hill Rd., Higganum
Instructor: Diane Digoia, Sycamore Farm



Excursions - Day Trips

9/11 Memorial and Museum

The first stop will be to the 9/11 Memorial. The museum is broken into two sections. The historical aspect will include the story of 9/11, and the world following the attacks. The memorial aspect will focus on the victims and their stories. There will be a late-afternoon lunch at the famous Italian restaurant Carmine's, served family style with *Rigatoni & Broccoli* and *Chicken Parmigiana*. **Fee includes deluxe motorcoach transportation, luncheon, admission to Memorial/Museum & driver's gratuity.**

Date: Wednesday, September 7
Fee: \$120 per person
Departs: TBA (there may be multiple pick-ups)
Returns: TBA
Limit: No minimum needed

Sign up early and save!
 Discount \$5 if you sign up for
 - 9/11 Memorial by 8/1
 - UConn Women by 11/1
 - Radio City by 9/23
 - Christmas in Newport by 11/10

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 Rigatoni and Broccoli and Chicken Parmigiana. After lunch, enjoy the 2016 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, tour guide & driver's gratuity.

Date: Friday, November 18
Fee: \$203 per person
Departs: TBA (there may be multiple pick-ups)
Returns: TBA
Limit: No minimum needed



Basketball Hall of Fame at Mohegan Sun featuring UConn Women vs U of Texas

Come support your favorite female basketball players and enjoy a game between our favorite UConn Women's Huskies as they take on the University of Texas Longhorns. Game time is 4:00 PM. There will be time before the game to spend time at Mohegan Sun to enjoy lunch, shopping, and gaming. **Fee includes deluxe motorcoach transportation, luncheon, tickets to the game, food voucher and casino bonus & driver's gratuity.**

Date: Sunday, December 4
Fee: \$72 per person
Departs: TBA (there may be multiple pick-ups)
Returns: TBA
Limit: No minimum needed

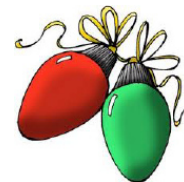


In order for us to conduct excursions, we need participants to sign up as early as possible. We are required to make deposits 30 days prior to a trip. This will reduce the possibility of a trip cancellation. Thank you for your cooperation. There are no refunds on trips 2 weeks prior to the scheduled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

Christmas in Newport featuring LaSalette Shrine

Travel to Newport, RI "America's First Resort Town." Visit one of the Newport Preservation Society mansions that are elegantly decorated for the holidays. The tour company will choose between the Breakers, the Elms or Marble House. The next stop will be the **Old Grist Mill Tavern** in Seekonk, MA for lunch. Originally built in 1745, the building is a rare relic of Pre-Revolutionary New England that was designed to grind the grain raised by nearby colonial farmers. It is a wonderful restaurant today with a great view. Meal choices are Baked Stuffed Chicken, Baked Scrod or Prime Rib. After lunch, travel to Attleboro, MA to see LaSalette Shrine. Enjoy a delightful Christmas concert, a mass and a dazzling display of lights that will fill your hearts with the true meaning of the holiday season. **Fee includes Deluxe Motorcoach Transportation, admission to one of the mansions, complete luncheon and admission to the shrine, & driver's gratuity.**

Date: Thursday, December 15
Fee: \$116 per person
Departs: TBA (there may be multiple pick-ups)
Returns: TBA
Limit: No minimum needed



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:

- Tennis
- New topics for Engineering and Science Workshops
- Adult Horseback Riding



**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 who are eligible to join certain programs we sponsor at a reduced rate or free of charge. For information or see if you qualify, please call 345-8334. All inquiries are strictly confidential.

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 your proposal to josselyn@hkrec.com.



HK Recreation Fall Programs

www.hkrec.com