

# Berlin Parks & Recreation Department



## 2016 Fall Brochure

For more information call  
860-828-7009

## REGISTRATION INFORMATION

1. Special events are for Berlin residents only, unless noted otherwise. **Currently taking registration for residents and non-residents for MPower Boys Running, Yoga, Pilates and Dog Obedience classes.** Non-residents may register for all other programs beginning on September 6.
2. **Registration, for residents, will begin in person or by mail beginning August 29 however registration for MPower Boys Running, Dog Obedience classes, Pilates and Yoga classes has already begun. Call the department to check if space is still available.**

Registration in person will be accepted at the Berlin Parks and Recreation Department, 230 Kensington Rd., Monday through Wednesday 8:30 a.m.-4:30 p.m., Thursday 8:30 a.m.-7 p.m. and Friday 8:30 a.m.-1 p.m. Office is closed on September 5, October 10 and November 24 and 25.

If registering by mail, include a registration form, a check made out to the Town of Berlin and a self-addressed, stamped envelope and mail to Berlin Parks and Recreation Department, 230 Kensington Rd., Berlin, CT 06037 or include your email and the receipt will be emailed to you. Please do not forget to put the Program # on the registration form. Your receipt will be mailed back to you if accepted or your check will be returned if the program is filled.

**WebTrac** ó Now you can register on-line through our WebTrac program! If you have taken any programs with us since 2010, you are already in the system. Contact the office and we will send you your username and password or after hours, go onto the site and request the information. Browse our programs and register from the comfort of your home. Registration on-line has already begun for MPower Boys Running, Yoga, Pilates and Dog Obedience classes. Registration for all other programs begins at 8 a.m. on August 29 for residents and 8 a.m. on September 6 for non-residents. You can find the link to WebTrac by going onto the Town website, [www.town.berlin.ct.us](http://www.town.berlin.ct.us) click on Government and find Parks and Recreation. Click on Register On-Line to get to WebTrac. Some restrictions may apply and not all programs are available on line.

VISA and Master Card will be accepted *in person and on-line*. Debit Cards will not be accepted.

**We have a mailbox available**, by the office door, for you to drop off registrations, after business hours but when the Community Center is open. These registrations will be processed the next business day, in random order, at our earliest convenience. **Checks only please.**

The Parks and Recreation Department reserves the right to cancel any program, which does not meet minimum enrollment requirements. Registration must be done in advance. In order to insure the continuance of each program, registrations must be made at least one week before the start of the program unless otherwise indicated.

3. **Cancellations** ó Weekdays and weekends call the information line at 860-828-7100.

***Oops! Despite our best efforts, errors sometimes make it into print. We apologize for any inconvenience these errors may cause.***

## BERLIN PARKS AND RECREATION DEPARTMENT

230 Kensington Rd., Berlin, CT 06037

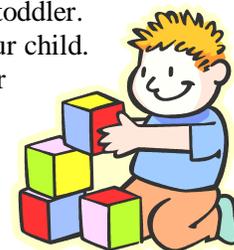
Jen Ochoa,	Director ó Community, Recreation and Park Services	í í í í í	860-828-7010
Debbie Dennis,	Superintendent of Recreation	í í í í .í ..í .í í í ...í ..í ..í	.860-828-7056
Art Volz,	Superintendent of Parks and Grounds	í ..í í í ....í í í .....í í	860-828-7027
Steve Wood,	Parks and Grounds Foreman	í í í í í í í í ..í .í í .í í .í	.860-828-7025
Terri Noyes,	Administrative Secretary	í í í í í í ..í ...í í í í í .í .í í	..860-828-7009

## Cancellation and Refund Policy

1. Refund will be automatic if a program is cancelled or registrants on waiting list are not included in program. Fees paid by credit card will be refunded by credit card.
2. Refunds will not be issued on requests made less than 3 business days before a program begins. All refund requests for any reasons other than cancellation by the Town or failure to include a registrant on a waiting list must be in writing and received by the Town at least three business days before the program begins.
3. **All requests for refunds will be charged a processing fee of 10% of the amount, minimum of \$5/maximum of \$25. Fees will not be charged if Parks and Recreation cancels the program.**
4. Refunds will not be given on finalized trips, program tickets or season passes.
5. No refunds will be given after a program has started.
6. When program fees are paid by credit card and a refund is approved, that refund will be on that credit card.
7. Exceptions to this refund policy will be made in the sole discretion of the Superintendent of Recreation and must be based upon hardship or other good cause demonstrated by the registrant. Processing fee will be charged.
8. Policy does not apply to Timberlin Golf Course.
9. All refunds by check will take up to four weeks to process from the time of request. Refunds will be mailed to you.

## **PRE-SCHOOL and YOUTH PROGRAMS – Age is based on age on the first day of the program, unless noted otherwise**

**Fit Toddlers**– For 2-3 year olds. Each of the classes will be a fun adventure for your toddler. Parachute games, obstacle courses, games and much more create a playful environment for your child. Parents are welcome to participate with the children. Parents that do participate must sign their name to the release agreement on their child's registration form. Classes meet Friday's 9:30-10:15 a.m. or 10:30-11:15 a.m. starting September 23 for 8 classes at the Berlin Community Center. When you register you must register for one time slot and attend that class only. Instructor is Mary Beth Uryga. Fee is \$65.00 for residents, \$75.00 for non-residents.



**Program #314401C for Friday 9:30 a.m. class, starts September 23**  
**Program #314401D for Friday 10:30 a.m. class, starts September 23**

**Exploring Dance** ó Children ages 3-5 will experience the enjoyment of ballet, tap, jazz and tumbling through creative movement during this 30 minute class held on Friday's from 4-4:30 p.m. or Saturday's from 10-10:30 a.m. at the Berlin Community Center. Elizabeth Cook-Asal is the instructor. Classes will be held on Friday's starting September 16 (no class September 30) or Saturday's starting September 17 (no class October 1 or 8), for 8 classes. Fee is \$45.00 for residents and \$55.00 for non-residents. **Program #310201A for the Friday class and #310201B for the Saturday class**

**Dance Elements II** ó Children ages 5-8 (those who have not turned 5 but have taken Dance Elements I can register) A progression from Dance Elements I, Level II will focus mainly on Ballet and Tap technique. Students will begin working more advanced dance steps, concepts and choreography. Fundamentals of Jazz and Modern Dance will also be incorporated. Ballet and Tap shoes are preferred but not required. Class will be held on Saturday's from 9-9:55 a.m. at the Berlin Community Center. Elizabeth Cook-Asal is the instructor. Classes meet starting September 17 (no class October 1 or 8) for 8 classes. Fee is \$75 for residents and \$85 for non-residents. **Program #320201B**





**Painting with Peggy** – Children will paint a masterpiece on a canvas with instruction led by Peggy Loehr, art teacher and painter. Just drop off your child and pick them up at the designated time. All classes will be held at the Berlin Community Center. Program is for K- 5<sup>th</sup> grade. When you register for September, October and/or November, the fee includes **both** classes. December is just a single class. Fee for the September, October and November classes is \$25.00 for residents and \$35.00 for non-residents and fee for the single December class is \$15 for residents and \$25 for non-residents. All classes are held from 10-11 a.m.

**Mermaid theme** ó Saturday, September 17 and  
**Zoo animals theme** ó Saturday, September 24 **Program #320401A**

**Fall/Halloween theme** – Saturday, October 15 and  
**Cats and Dogs theme** ó Saturday, October 22 **Program #320401B**

**Thanksgiving theme** ó Saturday, November 12 and  
**Owls theme** ó Saturday, November 19 **Program #320401C**

**Christmas theme** ó Saturday, December 10 **Program #320401D**

**Mpower – Boys Running program** ó For ages 6-14. Finishing a 5K is an impressive achievement at any age. Imagine the sense of accomplishment and pride your son will feel when he crosses the finish line of the Freedom Run 5K in New Britain on November 6th! Mpower Boys Running will prepare him to do just that. Modeled after popular Couch-to-5K plans, Mpower's training program is designed for all levels of runners: from very beginners to experienced racers. We will concentrate on proper form and pacing while we build endurance over the weeks through a combination of running drills, games and core strength exercises. For more information, please visit: [www.MpowerYouthSports.com](http://www.MpowerYouthSports.com).



The program fee includes a t-shirt. When registering, please indicate your son's t-shirt size. Race registration is not included in the program fee. This program will be held at Pistol Creek on Wednesday's from 5-6 p.m. starting September 14 until November 2. Fee is \$75.00 for residents and \$85.00 for non-residents. **Program #323001A**

## **2016 Timberlin Columbus Day Junior Clinic**



This comprehensive junior clinic is open to golfers ages 5-13. Juniors will have the opportunity to hone their skills before Winter by redeveloping ALL aspects of the game.

We will work on putting, chipping, the full swing, and on-course management during the clinic, which will summarize the golf skills we went over during the Spring and Summer programs.

The cost is \$35 per player which includes lunch and instruction.

The clinic runs from 10:00am-12:30pm on MONDAY, OCTOBER 10TH

To sign-up, please call the Golf Shop at [\(860\) 828-3228](tel:8608283228) or email [timberlinhp@gmail.com](mailto:timberlinhp@gmail.com)

**A GREAT ACTIVITY FOR A DAY OFF FROM SCHOOL!**

## YOUTH AND ADULT PROGRAMS



**Bowling** - The Berlin Parks and Recreation Department and Lucky Lanes are teaming up to offer these exciting bowling opportunities for children and adults. Lucky Lanes is located at 1782 Berlin Turnpike, Berlin. For more information contact Lucky Lanes at 860-828-4131, registrations will be taken through the Parks and Recreation Department.

**Junior Bowling Club** ó will be on Saturday mornings, 10 a.m., for youth ages six and up. This program will be held for 8 weeks, from October 22 to December 10. The fee is \$45 for residents and \$55 for non-residents. For those that would like a new (\$80) Bowling Ball professionally drilled and fitted, they can pay an additional \$30, paid directly to Lucky Lanes. **Program #370101A**

**Adult/Child Bowl Club** ó will be on Sunday, at 4 p.m., from October 23 through December 11, for 8 weeks. Two per team, one child and one adult. The fee is \$95 per team for residents and \$105 per team for non-residents and includes bowling and shoe rental. For those that would like a new (\$80) Bowling Ball professionally drilled and fitted, they can pay an additional \$30 per person, paid directly to Lucky Lanes. **Program #370101B**

**Adult Mixed Bowl Club** - Join us on Wednesday evenings at 7:00 p.m., four adults per team. You will bowl for 8 weeks from October 19 through December 7 and the fee is \$80 for residents and \$90 for non-residents. **Program #370101C**

## ADULT PROGRAMS

**Pilates** - Our Pilates/Cardio Core classes are held at the Berlin Community Center. Instructors are from Personal Euphoria, Wethersfield. Participants will need a mat, water bottle and wear comfortable clothes. For more information on Pilates visit [www.pilates.com](http://www.pilates.com)

**Cardio Core** - Light low-impact cardio with strength training that emphasizes your core (glutes, back, abs and shoulders). You'll keep moving and get stronger. This class helps increase muscle tone, build stronger and longer muscles, and increase balance while maintaining joint mobility and range of motion. Class will meet for 12 weeks from 5:45-6:30 p.m. on Monday, from September 12 until December 19, no class October 10, 31 and November 28. Limit of 17 participants. Fee is \$90 for residents and \$100 for non-residents **Program #332001A**



**Core Blast Pilates** is a system of over 500 controlled exercises that engage the mind and condition the total body. It is a balance blending of strength and flexibility training that improves posture, reduces stress and creates long lean muscles without bulking up. Co-ed 18 years of age and up, mixed levels ó beginners through intermediate, no ball class. Class will meet from 6:30-7:30 p.m. for 12 weeks on Monday, from September 12 until December 19. Class will not be held on October 10, 31 or November 28. Limit of 17 participants. Fee is \$90.00 for residents and \$100.00 for non-residents **Program #332001B**

**Tai Chi** - Tai Chi consists of fluid gentle movements that are relaxed and slow in tempo. It has been proven to work by slowing down bone loss, improving balance, reducing falls and improving quality of life. Dress comfortably. This class meets on Wednesday, for 7 weeks. Classes are held at the Berlin Community Center from 11:30 a.m. ó 12:30 p.m. Fee is \$56.00 for residents and \$66.00 for non-residents October 5 to November 23 **Program #334201A** and November 30-January 11 **Program #334201B**

**Yoga classes** – All Yoga classes will be held at the Berlin Community Center. Melissa Kidder-Blake is the instructor.

**Morning Yoga** – Feel better. Get stronger. Breathe deeper. Learn the fundamentals of yoga. No experience necessary. These morning classes will teach basic yoga postures and techniques with an emphasis on body alignment and breathe awareness. We will focus on and develop core strength, flexibility, balance and concentration. This class is open to all who wish to build a strong foundation of yoga practices. Classes will be held on Tuesday's from 9-10:15 a.m. starting September 13 (no class November 1 or 8). Residents can sign up for all 13 classes, September 13-December 20 for \$85 or for 7 classes from September 13-October 25 for \$50 and/or 6 classes, November 15-December 20 for \$45. Non-residents can sign up for all 13 classes, September 13-December 20 for \$95 or for 7 classes from September 13-October 25 for \$60 and/or 6 classes, November 15-December 20 for \$55. **Program #334301C for all classes, #334301C2 for September/October classes and #334301C3 for November/December classes.**

**Power Yoga** - Develop strength, flexibility and endurance through this flowing practice. This class is a moving meditation of breath and postures. Power yoga creates space, lightness and stability in our bodies and calms our minds. The class will conclude with several restorative poses promoting deep relaxation. The practice will leave you refreshed and renewed. Instructor can provide any necessary modifications making this class accessible to beginners. Classes will be held on Tuesday's from 7-8:15 p.m. starting September 13 (no class November 1, 8 and 29). Residents can sign up for all 12 classes, September 13-December 20 for \$80 or for 7 classes from September 13-October 25 for \$50 and/or 5 classes, November 15-December 20 (no class November 29) for \$40. Non-residents can sign up for all 12 classes, September 13-December 20 for \$90 or for 7 classes from September 13-October 25 for \$60 and/or 5 classes, November 15-December 20 (no class November 29) for \$50. **Program #334301B for all classes, #334301B2 for September/October classes and #334301B3 for November/December classes.**

**Introduction to Yoga Series** óThis series, for new students, teaches postures and their alignments. The classes focus on breath, and address one posture at a time. Learn to breathe fully and move with breath, as you increase flexibility and strengthen your body. Learn relaxation techniques that can be applied to reduce stress in your daily life. Please wear comfortable clothing and bring a yoga mat. Classes will be held on Thursday's from 7-8:15 p.m. starting September 22 (no class November 3, 10, 17 or 24). Residents can sign up for all 10 classes, September 22-December 22 for \$70 or for 6 classes from September 22-October 27 for \$45 and/or 4 classes, December 1-22 for \$35. Non-residents can sign up for all 10 classes, September 22-December 22 for \$80 or for 6 classes from September 22-October 27 for \$55 and/or 4 classes, December 1-22 for \$45. **Program #334301A for all classes, #334301A2 for September/October classes and #334301A3 for November/December classes.**

## **Dog Obedience classes**



**All of the following dog obedience classes will be held at the former Pistol Creek Golf course, 600 Spruce Brook Rd. Professional Dog Trainer Wendy McGurgan and Assistant Trainer Shirley Coulombe are the instructors. Dog handlers should be at least 16 years old. Call for openings.**

**Kindergarten Puppy Training** óThe class is for puppies aged 2 ½ months to 6 months old. We will work on leash walking and the come, sit and down commands. Your puppy will also develop social skills and confidence. Learn how to praise and correct your puppy appropriately. Start a great relationship with your pup! We will address problems like chewing, housebreaking and crate training. The first class is mandatory unless you are excused by the instructor. You will need a six-foot leash and we will discuss leashes and collars in the first class. **First class is held without dogs.** Please bring a copy of your puppy's current vaccinations to the first class. Fee is \$75.00 for residents and \$85.00 for non-residents. Class will be for seven weeks on Thursday's, September 8-October 20 from 6:00-7:00 p.m. **Program #365001B**

**Basic Dog Obedience Course** ó The class will cover basic commands for the family dog. Commands include sit, down, stay, heel, come and stand. You will learn how to correct bad habits such as jumping up and pulling on the leash. Learn how to praise, correct and discipline your dog appropriately. Dogs should be at least 6 months old. The first class is mandatory unless you are excused by the instructor. You will need a six-foot leash. We will discuss leashes and collars in the first class. **First class is held without dogs.** Please bring a copy of your dog's current vaccinations including Bordetella should be given to the instructor at the first class. Fee is \$75.00 for residents and \$85.00 for non-residents. Class will be for seven weeks on Tuesday's from 6:00-7:00 p.m. There will be two sessions the first from September 6-October 18 **Program #365001A** or the second from November 1-December 13 **Program #365001A2**

**Better Basic Dog Obedience** – This class is for dogs and handlers that have completed basic class. Emphasis will be on improving the skills learned in basic class. We will concentrate on the stay, heel, come and recall exercises and work with a greater level of distraction. This class will give you a better insight into your dog's behavior. You will need a six-foot leash. Dogs will be rewarded with verbal and physical praise, not food. Please bring a copy of your dog's vaccinations if not already on file. Fee is \$65.00 for residents and \$75.00 for non-residents. Class will be six weeks on Wednesday's from 6:00-7:00 p.m. from September 14-October 19 **Program #365001D**

**Intermediate Dog Obedience** - The class is for dogs and handlers that have completed basic class and better basic class. Dogs and handlers should have a solid working knowledge of the sit, down, stay, heel, come and stand commands. You and your dog will learn to work as a team. Some new skills learned will be down in motion, drop on recall and out of sight stays. We will reward our dogs with verbal and physical praise not food. Fee is \$65.00 for residents and \$75.00 for non-residents. Class will be five weeks on Wednesday's from 6:00-7:00 p.m. from November 2-December 7 **Program #365001C**

## FAMILY ACTIVITIES AND SPECIAL EVENTS

### 12<sup>th</sup> Annual Scarecrow/Fall Foliage Festival



For eleven years scarecrows have been welcoming the fall season on to Farmington Ave. Please join the Berlin Parks and Recreation Department for the 12<sup>th</sup> annual Scarecrow-Fall Festival on Saturday, October 8. Opening ceremony will take place at 11 a.m. in Volunteer Park on the corner of Farmington Ave and Porters Pass. After the opening ceremony children's activities will take place in the park until 12:30 p.m. We encourage businesses, volunteer/civic organizations, children organizations as well as individuals and families to create their own unique scarecrow to enter into the Scarecrow contest. Scarecrows will take up residency on Farmington Ave from Saturday, October 8 until Sunday, October 30. We hope to create a fall atmosphere and country setting to the terrific Town of Berlin. Spend a day with your family strolling down Farmington Ave looking at all the creative scarecrows. Stop in and visit our local businesses for a bite to eat or a little shopping. For additional information on the event and how to register contact the Park and Recreation office at 860-828-7009 or check the town's website [www.town.berlin.ct.us](http://www.town.berlin.ct.us) for the registration/information form. Fee to register is \$20, per scarecrow. In case of inclement weather please call the Department's information phone at 860-828-7100.

## BERLIN LIONS CLUB SCARECROW CONTEST

The **Berlin Lions Club** has announced that they would like children's organizations, adult organizations, businesses and family groups to make a scarecrow to enter in the 68th Annual Berlin Fair. To enter your scarecrow in the Berlin Fair, please bring them to the Berlin Fair Grounds - Thursday, September 29 from 11 a.m.-8 p.m., to the old Fruits and Vegetable building. The scarecrows will be on display from Friday, September 30 to Sunday, October 2. Judging will take place and prizes awarded (the prizes will be donated to the charity of the winner's choice). These scarecrows could be later entered in the Berlin Parks and Recreation 12th Annual Scarecrow and Fall Foliage Festival that will take place on Saturday, October 8 (see above for more information).

For more information/criteria on how to enter your scarecrow in the Berlin Fair Scarecrow contest please go to the Berlin Lions Club website [ctberlinfair.com](http://ctberlinfair.com)

## Halloween Monster Bash and Pumpkin Decorating Contest

The annual **Halloween Monster Bash and Pumpkin Decorating Contest** will be held on a Friday, October 21 from 6:30-8:30 p.m. at Willard School and is for Berlin youth only ages pre-school to 5<sup>th</sup> grade and their families. There is a \$3 fee per child, which will be collected at the door (this is a separate fee from the Trunk or Treat). All children 10 and under must be accompanied by an adult. The department is not responsible for children once they leave the building. Come in costume and enjoy the evening with activities that include members of the UpBeat program and a dj in the gym, various arts and crafts, games, Halloween Bingo and other spooky activities. If you come in costume, you can register for a chance to win a prize, random winners will be picked throughout the night, from the following categories; infant-5 years, K & 1<sup>st</sup> grade, 2<sup>nd</sup> & 3<sup>rd</sup> grade and 4<sup>th</sup> & 5<sup>th</sup> grade. Everyone who shows up in a costume has a chance to win!



**Trunk or Treat** The Willard School PTO will also have Trunk or Treat in the front parking area of the school on October 21 from 6:30-8 p.m. For only \$3 per child, you can go from car to car and get goodies. Pay inside, at the door, and you will receive a ticket to enter the Trunk or Treat area. Help support the Willard PTO during this event.

The annual **Pumpkin Decorating Contest** will be held on the same night. You must pre-register, in person, at the Parks and Recreation Department office to be eligible. It is open to Berlin youth only from pre-school through 5<sup>th</sup> grade. Categories include Most Frightening, Most Amusing and Most Creative. *Parents please remember this is a contest for the children, **the children should be decorating them**, please keep any assistance with their pumpkin to a minimum.* We will also have the People's choice pumpkin, where everyone that attends can vote for his or her favorite pumpkin. Pumpkins must be dropped off that night between 5:45-6:15 p.m. Winners will be announced starting at 8 p.m. To register for the pumpkin decorating contest include the following program numbers:

**Program #360403A** Pre K- K **Program #360403B** Grades 1&2 **Program #360403C** Grades 3-5



## FACILITY USAGE

**BERLIN COMMUNITY CENTER** The Berlin Community Center is open Monday-Thursday from 8:30 a.m.-8:30 p.m., Friday 8:30 a.m.-5 p.m. and Saturday 8 a.m.-12 p.m. The Community Center offers a variety of facilities and equipment for public use. The weight/exercise room offers free weights, a universal gym, treadmills, stair/step machines, elliptical machines and stationary bikes. There is an activity room with pool tables, ping pong tables and air hockey and a number of rooms that can be rented for meetings. For more information or to inquire about a room rental, contact Debbie Dennis at 860-828-7056.



## Winter Basketball – Registration starts Monday, September 26

Registration for **boys 3-8 and girls 3-9 grade basketball** will begin on Monday, September 26. Information will be on the Berlin Public Schools website under Community Announcements and the Town of Berlin website the end of September or stop by the Parks and Recreation Department September 26 for information. **Space is limited for all grades so register early!**

Deadline to register is Thursday, October 27 7 p.m., if space is still available. Registration information for boys and girls 2<sup>nd</sup> grade basketball will be out in the winter brochure in December.

Don't forget you can use WebTrac, our online registration, to register for basketball!

