

**Berlin Parks
and Recreation
Department**



**2016-2017 winter
Brochure**

**For more information call
860-828-7009**

REGISTRATION INFORMATION

1. Some programs are open to Berlin residents only, please check each program. Special events are for Berlin residents only, unless noted otherwise. **Non-residents may register for the following programs beginning December 5, Fit Toddlers, dance classes, Painting with Peggy, Kangoo Discovery, 2nd grade basketball, Tai Chi, Pilates classes, Yoga classes and Dog Obedience.**
2. **Registration, for residents, will be accepted in person, on-line (WebTrac) or by mail beginning Monday, November 28.** Registration is not required for Santa's Parlor.

Registration in person will be accepted at the Berlin Parks and Recreation Department office, 230 Kensington Road, Monday through Wednesday 8:30-4:30 p.m., Thursday's 8:30-7 p.m. and Friday's 8:30-1 p.m. The Parks and Recreation Department will close at 4:30 p.m. on Thursday, December 22 and be closed on Friday, December 23, Monday, December 26 and Monday, January 2.

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. Browse our programs and register from the comfort of your home. Registration on-line begins at 8 a.m. on November 28 for residents and 8 a.m. on December 5 for non-residents. You can find the link to WebTrac by going onto the Town website, 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 now 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.*

Decisions on whether classes will be held, due to enrollment numbers, will be made approximately one week before the program is to start. To avoid canceling programs, please register early.

3. **Cancellations** - Weekdays and weekends call the information line at 860-828-7100 or watch or check the website for Channel 3 or Channel 30. If Berlin Public Schools are cancelled and/or closed, all activities at the schools and programs offered by the Department at the Berlin Community Center and Pistol Creek are cancelled. If schools have a delay, all morning classes run by the Department at the Community Center are cancelled. If schools have an early dismissal, all afternoon and evening classes run by the Department at the schools, the Community Center and Pistol Creek are cancelled. Cancellation policies will be handed out in class.

Look for us on the internet at www.town.berlin.ct.us

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



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.

BERLIN PARKS AND RECREATION DEPARTMENT

230 Kensington Road Berlin, CT 06037

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

PRE-SCHOOL AND YOUTH PROGRAMS

Fit Toddlers - For 2&3 year olds (age determined by first day of class). Each of the eight classes is 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 at 9:30-10:15 a.m. or 10:30-11:15 a.m. at the Berlin Community Center. Mary Beth Uryga is the instructor. Classes start January 6. No class January 20 and February 17. When you register you must register for one time slot and attend that class only. Fee is \$65 for residents, \$75 for non-residents.

Program #414401C for Friday 9:30 class

Program #414401D for Friday 10:30 class

Exploring Dance of 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. at the Berlin Community Center. Elizabeth Cook-Asal is the instructor. Classes start on January 6-March 10, for 8 classes. No class on January 27 and February 17. Fee is \$45 for residents and \$55 for non-residents. **Program #410201A**

Dance Elements I - Children ages 3-5 will experience the enjoyment of ballet, tap, jazz and tumbling through creative movement during this 40 minute class held on Saturday's from 10-10:40 a.m. at the Berlin Community Center. Elizabeth Cook-Asal is the instructor. Classes start on January 7-March 25 for 8 classes. No class on January 14, 28, February 4 and 18. Fee is \$60 for residents and \$70 for non-residents. **Program #410201B**

Dance Beginnings – Children ages 5-8 will discover and create dances while learning the elements of ballet, tap, jazz and tumbling during this 30 minute class held on Friday's from 4:30-5 p.m. at the Berlin Community Center. Elizabeth Cook-Asal is the instructor. Classes start on January 6-March 10, for 8 classes. No class on January 27 and February 17. Fee is \$45 for residents and \$55 for non-residents. **Program #420201A**

Dance Elements II of Children ages 5- 8 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 start on January 7-March 25 for 8 classes. No class on January 14, 28, February 4 and 18. Fee is \$75 for residents and \$85 for non-residents. **Program #420201B**

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. Please bring a smock to class as the paints that are used do not readily come out of clothing. Class will be held at the Berlin Community Center. Program is for K- 5th grade. Fee for residents is \$15 and \$25 for non-residents for the January, February and March classes and \$25 for residents and \$35 for non-residents for the April 1 & 8 classes.

Winter/snowman theme ó Saturday, January 7 from 10-11 a.m. **Program #420401A**

Valentine theme ó Saturday, February 11 from 10-11 a.m. **Program #420401B**

St Patrick's theme ó Saturday, January 7 from 10-11 a.m. **Program #420401C**

Easter and Spring theme ó Saturday, April 1 & 8 from 10-11 a.m. **Program #420401D**

2nd Grade Basketball

Basketball Girls 2nd Grade - Will be held beginning Saturday, January 7 at Griswold School cafeteria from 1-2 p.m. This is an **instructional** program, there will be **limited** time set aside each week for games. Program will run for 8 weeks. Bill Mayer is the instructor. Fee is \$65 for residents, \$75 for non-residents. Class space is limited. Indicate t-shirt size on registration form. **Program #420903A**

Basketball Boys 2nd Grade - Will be held beginning Saturday, January 7 at Griswold School cafeteria from 12-1 p.m. or 2-3 p.m. This is an **instructional** program, there will be **limited** time set aside each week for games. Program will run for 8 weeks. Bill Mayer is the instructor. Fee is \$65 for residents, \$75 for non-residents. Class space is limited. Indicate t-shirt size on registration form. **Program #420903B for 12 p.m. class, #420903C for 2 p.m. class**



December vacation – Come JUMP with Bethany and her Kangoo

Discovery Program - The Kangoo Discovery Program has been developed specifically for young people, 65lbs and higher. **Classes are designed to build coordination, endurance, good body posture, and self-image.** They help to aid in combating the stresses that children of today face. With Kangoo Jumps rebound shoes, children turn negative energy into positive, in a fun and enjoyable workout that will **challenge both body and brain** in the most interactive, innovative ways.

Kangoo Discovery is an easy, basic program that challenges the children's creativity by including **fun games and exercises** that keep the class highly motivating from beginning to end. Students will need gym clothes, **tall socks** (tube, crew, or knee socks), and a water bottle. **Students should not bring a snack nor should eat right before or during class.** We will be bouncing around on December 27, 28 and 29 from 10-11:30 a.m. at the Berlin Community Center. Fee is \$80 for residents and \$90 for non-residents. Space is limited and is determined by shoe size. **All registrations must be done in person! Program #424410A**

ADULT PROGRAMS



Men's 31+ Basketball - Tuesday's at McGee Middle School. The program will run 6-9 p.m. starting December 6 through April 4. There is a \$60 fee for the season for residents and \$80 for non-residents or you can drop-in and pay \$5 at the door for residents or \$10 for non-residents. Drop-ins must provide verification of eligibility at the door. Teams will be formed on a nightly basis. **Program #430906A**

Women's 30+ Volleyball - Wednesday's at the McGee Middle School gym. The program will run 6:30-8:00 p.m. from January 4 through March 29. There is a \$55 fee for the season for residents and \$75 for non-residents or you can drop-in and pay \$5 at the door for residents or \$10 for non-residents. Drop-ins must provide verification of eligibility at the door. Teams will be formed on a nightly basis. **Program #431202A**

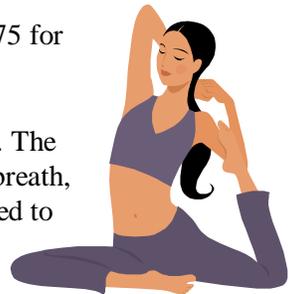
Pilates ó Our Pilates/Cardio Core Strength classes are held at the Berlin Community Center. Instructors are from Personal Euphoria, Wethersfield. For more information on Pilates visit www.pilatesct.com All classes are co-ed, 18 years of age and up

Core Blast Pilates - Exercises are designed to strengthen and stretch every muscle in the body while also improving balance. Focus is also on developing a strong core while also increasing flexibility and movement. This class is based on traditional Pilates exercises with a modern flare and upbeat music to help keep you energized. Come ready to work your abs, back, arms legs, and glutes. Every exercise can be modified for beginner and intermediate levels. Wear comfortable clothes, bring a mat and water. This program will run for 5 weeks on Mondayø 6:30-7:30 p.m. from January 9-February 13, no class on January 16. Limit of 17 participants. Fee is \$38 for residents and \$48 for non-residents **Program #432001A**

Cardio Core Strength - 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 5 weeks from 5:45-6:30 p.m. on Mondayø from January 9-February 13, no class on January 16. Limit of 17 participants. Fee is \$38 for residents and \$48 for non-residents **Program #432001C**

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. Melissa Kidder-Blake is the instructor. Classes will be held at the Berlin Community Center on Tuesdayø from 9:15-10:30 a.m. There will be two sessions. The first will be for 4 weeks from January 3-24, fee for residents is \$35 and \$45 for non-residents **Program #434301C** The other for 8 weeks from March 7-April 25, fee for residents is \$65 and \$75 for non-residents. **Program #434301C1**

Introduction to Yoga Series ó This 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. Melissa Kidder-Blake is the instructor. Classes will be held on Thursdayø from 7-8:15 p.m. at the Berlin Community Center. There will be two sessions. The first will be for 4 weeks from January 5-26, fee for residents is \$35 and \$45 for non-residents **Program #434301A** The other for 6 weeks from March 9-April 27, no class March 16 and April 20, fee for residents is \$50 and \$60 for non-residents. **Program ##434301A1**



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. Melissa Kidder-Blake is the instructor. Classes will be held on Tuesdayø from 7-8:15 p.m. at the Berlin Community Center. There will be two sessions. The first will be for 4 weeks from January 3-24, fee for residents is \$35 and \$45 for non-residents **Program #434301B** The other for 8 weeks from March 7-April 25, fee for residents is \$65 and \$75 for non-residents. **Program #434301B1**

Check the website in December for information on a teen yoga class, to be offered starting in March.

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. Ken Zaborowski is the instructor. This class meets on Wednesday's for 7 weeks. Classes held at the Berlin Community Center from 11:30 a.m. to 12:30 p.m. Fee is \$56 for residents and \$66 for non-residents or you can also drop in and pay \$9 per class.

Session 1 ó January 18-March 1 **Program #434201A**

Session 2 – March 8-April 19 **Program #434201B**



DOG OBEDIENCE CLASSES ó All classes are held at the former Pistol Creek Golf course, 600 Spruce Brook Rd., Berlin. Dog handlers should be at least 16 years of age. Instructor is Wendy McGurgan, Professional Dog Trainer, Assistant Trainer is Shirley Coulombe. Limit of 10 per class.

Kindergarten Puppy Training ó The 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. You will need a 6 ft. 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 \$75 for residents and \$85 for non-residents. This class will run for 7 weeks on Thursday's from January 5-February 16 from 6-7 p.m. **Program #465001B**

Basic Dog Obedience 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. You will need a 6 ft. leash and we will discuss leashes and collars in the first class. **First class is held without dogs!** A copy of your dog's current vaccinations including Bordetella must be given to instructor at the first class. Fee \$75 for residents, \$85 for non-residents. The class will run for seven weeks on Tuesday's from January 3-February 14 from 6-7 p.m. **Program #465001A**

Canine Manners ó The class is offered to dogs and handlers that have successfully completed Basic Dog Obedience. Dogs and handlers should have a working knowledge of the sit, down, stay, come, heel and stand commands. Because we will be indoors, emphasis will be on adapting obedience skills for use in everyday settings. Jumping up, bolting through doors, bouncing out of the car before you have the leash, crowding and wildly greeting visitors are some of the problems we will address. We will use verbal and physical praise to reward our dogs, not food. You will need a 6 ft leash. Please bring a copy of your dog's vaccinations, including Bordetella, to the instructor if not on file already. Fee \$75 for residents and \$85 for non-residents. This class will run for 6 weeks on Wednesday's from January 4-February 8 from 6-7 p.m. **Program #465001C**

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, new treadmills, stair/step machines, an elliptical machine and stationary bikes. There is an activity room with pool tables and ping pong tables 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.

FAMILY ACTIVITIES AND SPECIAL EVENTS



Santa's Parlor ó Santa, Mrs. Claus and their elves invite all Berlin youth in preschool, Kindergarten, 1st and 2nd grades to visit them at Santa's Parlor, held at the Berlin Community Center, 230 Kensington Rd. Santa and Mrs. Claus will greet them on the following dates from 6:00-7:30 p.m.

Monday, November 28

Tuesday, November 29

This is a very popular event, please expect a wait to visit with Santa. Please do not arrive before 5:45 p.m. Juice and cookies will be served while you wait. You are also welcome to bring in your dinner to eat. Treats and a small toy will be given to each child. Parents are welcome to bring a camera and take pictures.

Santa is also asking everyone to bring a donation that will be used for the Food Pantry in Town. Items that are needed include mayonnaise, jelly, peanut butter, potato mixes, stuffing mixes, pasta sauce, cranberry sauce, canned fruit, cake mixes, brownie mixes, pie fillings, rice mixes, pudding mixes, canned chicken and tuna and gravy. This is optional but is greatly appreciated.

Cancellation: In case of inclement weather and the Parlor cannot be open, cancellations will be on the Department's recorder phone, 860-828-7100.

Tinsel Fun Run - Co-sponsored with the Berlin YMCA. This is a fun, family event. Race will be held on Saturday, December 3 at Berlin High School and begins at 11 a.m. You can register online, through www.active.com until November 30 and in person registrations will be held on December 3 from 9-10:30 a.m.

Outdoor Ice Skating - Call the Berlin Parks and Recreation Department information line at 860-828-7100 or check the ice skating/pond sign at Volunteer Park for updated ice skating conditions at Willard Pond, Hubbard Pond, Sage Park Pond and Paper Goods Pond starting after Thanksgiving. When there is ice skating, Willard Pond, Hubbard Pond and Paper Goods Pond are lighted from 5:00-10:00 p.m. Ice skating at Veteran's Park is not recommended. It is recommended that when there is ice skating personal protective equipment such as helmets, elbow pads, knee pads be worn. Children should be supervised by an adult.

