



Winter

2025

CHESHIRE

— Parks & Recreation —

Harmon Leonard Jr. Youth Center
559 South Main St.
Cheshire, CT 06410
Monday - Friday
8:30am - 4:00pm

 (203) 272-2743

 recreation@cheshirect.org

 cheshirect.myrec.com

**FOR PRICING, REGISTRATION, AND MORE INFORMATION
VISIT US AT
CHESHIRECT.MYREC.COM**

ADULT PROGRAMS

Winter 2024



Hip Hop to Fitness

Age: 18 +

Instructor: Michele Schweighoffer

Students will learn some fun hip hop dance steps and put them together in a short dance combination. From week to week, we may build upon the combination or start a new one.

Music will be from the 80s and 90s through today.
Wear sneakers and bring water!

Date & Time

January 8th - February 26th
Wednesdays
8:00pm - 8:45pm

HIIT - Body Sculpt

Age: 18 +

Instructor: Kathy Perez

Classes consist of resistance training and cardio intervals. All levels are welcome and encouraged to come! Hand weights, resistance bands and other required equipment are available on site to use during the class.

Participants are asked to bring their own mat and water bottle.

Date & Time

Jan. 6th - Apr. 10th Jan. 7th - Apr. 10th
Mon/Wed/Thurs OR Tues/Thurs
6:00am - 6:45am 9:00am - 9:45am

Jan. 11th - Apr. 5th
Saturdays
7:00am - 7:45am

Mindful Yoga

Age: 16 +

Instructor: Nirupama Nigam

Mindful Yoga practice combines the ancient Hatha Yoga postures with the modern Mindfulness practice.

In this course students will learn Hatha Yoga postures and different mindfulness practices such as breath/movement awareness, open/nature awareness, mindful walking and mindful eating.

Date & Time

January 16th - March 20th
Thursdays
6:30pm - 7:30pm

STARRE - Step & Barre

Age: 18 +

Instructor: Kathy Perez

The best of two low impact exercise classes combined into one stellar class where you will build strength, increase your flexibility, improve your posture, and get in your cardio too!

Part of this class will be spent on barre work and part of the class will be spent doing step aerobics.

Date & Time

Jan. 7th - Apr. 8th Jan. 8th - Apr. 9th
Tuesdays OR Wednesdays
6:00am - 6:45am 9:00am - 9:45am



Yoga Fundamentals

Age: 18 +

Instructor: Rebecca Baldassari

A series that begins with foundational yoga poses and builds to flow classes. Find strength, stability and calmness as you cultivate mindful connection between your body and mind.

This series is appropriate for those new to yoga, as well as any practitioners who wish to reinforce the basics!

Date & Time

January 5th - March 9th
Sundays
9:00am - 10:00am

Zumba

Age: 16 +

Instructor: Penny Delahanty (Mondays) and Donna Paventy (Tuesdays & Saturdays)

Everybody and every body! Each Zumba class is designed to bring people together to sweat it on.

It is a total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy each time you leave class. Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise.

Date & Time

Jan. 13th - Mar. 17th
Monday
6:15pm - 7:00pm

Jan. 14th - Mar. 4th
Tuesdays
6:00pm - 6:45pm

Jan. 18th - Apr. 8th
Saturday
8:00am - 8:45am



Golf Lessons

Instructor: Pete Stankevich



All classes are held at
Chris Cote's Top Tracer Range in Southington.
125 Jude Ln, Southington, CT 06489

The state-of-the-art facility is covered and heated so golf can be practiced in all types of weather.

Classes include fundamentals of the set-up, fundamentals of the golf swing, how to play with irons and woods, pitching, sand bunker play, chipping, putting, rules and etiquette, and much more.

Group lessons that consist of 4 one-hour sessions covering a wide variety of topics. They are designed for the beginner golfer who has yet to pick up a club, as well as the more seasoned layer who is struggling to break 100 and needs to work on different areas of their game.



Date & Time

Adult Novice Ages: 15 & up

Session I

Tuesdays

Jan. 7th - Jan. 28th

6:00pm -7:00pm

Session II

Mondays

Feb. 3rd - Feb. 24th

6:00pm -7:00pm

Session III

Wednesdays

Mar. 12rd - Apr. 2nd

6:00pm -7:00pm

Women Only Ages: 15 & up

Session I

Thursdays

Jan. 2nd- Jan. 23rd

6:00pm -7:00pm

Session II

Tuesdays

Feb. 4th - Feb. 25th

6:00pm -7:00pm

Session III

Mondays

Mar. 10th - Mar. 31st

6:00pm -7:00pm

Medicare Made Clear

Instructor: Mike Bush of Insurance with T, LLC



Learn about all the parts of Medicare in a laid back, educational atmosphere. No sales tactics or pressure allowed.

We will cover the enrollment periods, how to avoid penalties, coverage options and much more.

Bring your questions and have your friends register too!



Session I

Tuesday

January 14th

10:00am -11:00am

Session II

Thursday

February 20th

10:00am -11:00am

Session III

Wednesday

March 19th

10:00am -11:00am

YOUTH PROGRAMS

Winter 2024

Bergamo's Ninja Fit

Instructor: Nathan LeBlanc



Class is held at Bergamo's Martial Arts, 272 Sandbank Road, Cheshire

Ninja Fit is a unique class that teaches a mix of parkour and gymnastics while focusing on fun and fitness. Not only will students be learning cool new vaults and tricks each class, but they will also be training their strength, flexibility, and speed while doing it. Each class will begin with stretching and warm ups, followed by a fitness focused game and our parkour or tricking technique of the day. Finally, students will challenge themselves by running our ninja obstacle course and showing off their new skills!

Age, Date & Time

Ages: 3-5 years
Jan. 14th - Feb. 18th
Tuesdays
4:30pm - 5:00pm

Ages: 3-5 years
Jan. 16th - Feb. 20th
Thursdays
4:30pm - 5:00pm

Ages: 6-12 years
Jan. 14th - Feb. 18th
Tuesdays
5:00pm - 5:45pm

Ages: 6-12 years
Jan. 16th - Feb. 20th
Thursdays
5:00pm - 5:45pm



Martial Arts

Instructor: Leadership Martial Arts Staff

Class is held at Leadership Martial Arts, 971 Meriden-Waterbury Tpke. in Plantsville.

Martial Arts are used to build skills through fun & challenging drills. This approach includes reinforcing good discipline, displaying confidence and maintaining a positive attitude. Fee includes student uniform!

Participants may attend up to 3 classes per week.

Age, Date & Time

Tiny Tigers
Ages: 3-4 years
Jan. 13th - Feb. 20th
Mon/Tues/Wed/Thurs

Little Dragons
Ages: 5-6 years
Jan. 13th - Feb. 20th
Mon/Tues/Wed/Thurs

Karate Kids
Ages: 7-13 years
Jan. 13th - Feb. 20th
Mon/Tues/Wed/Thurs

Times may vary check online for more information

Dance: Ballet, Tap, & Jazz Combo

Instructor: Cheshire Performing Arts Academy Staff



A beginner dance class that introduces ballet, tap and jazz to young students. Young dancers will learn the basic steps while learning how to follow direction in a positive environment. Engaging music and activities are used to get these little dancers inspired to move.

Tap shoes are a must! Leotard, tights and ballet slippers are recommended.



Age, Date & Time

Ages: 4 - 6 years

January 13th - March 17th

Mondays

4:15pm - 5:45pm



Dance: Hip Hop & Jazz

Instructor: Michele Schweighoffer



Learn the basics of Hip Hop & Jazz while having a blast! Each class will start with a warmup. Then students will learn some specific jazz/hip hop steps in center of the floor and also traveling across the floor.

Participants should wear clean sneakers or jazz shoes. Typical exercise clothes, such as a fitted top and snug-fitting shorts or yoga-type pants are encouraged.



Age, Date & Time

Ages: 8 - 13 years

January 15th - March 5th

Wednesdays

7:15pm - 8:00pm

Dance With Me

Intro to Ballet & Tap

Instructor: Michele Schweighoffer



This class is a parent child class.

The children will develop their motor skills, interact with peers and with the help of their parent/caregiver get a taste of this wonderful performance art form. Adult/child pairs will learn one short ballet and one short tap dance for families to view on the last day of class.



Age, Date & Time

Ages: 2 - 4 years

January 15th - March 5th

Wednesdays

6:30pm - 7:15pm

FOR PRICING, REGISTRATION, AND MORE INFORMATION

VISIT US AT

CHESHIRECT.MYREC.COM

Junior - Golf Lessons

Instructor: Pete Stankevich



All classes are held at
Chris Cote's Top Tracer Range in Southington.
125 Jude Ln, Southington, CT 06489

The state-of-the-art facility is covered and heated so golf can be practiced in all types of weather.

Classes include fundamentals of the set-up, fundamentals of the golf swing, how to play with irons and woods, pitching, sand bunker play, chipping, putting, rules and etiquette, and much more.



Age, Date & Time

Ages: 7 - 14 years

Session I

Tuesdays

Jan. 7th - Jan. 28th

4:30pm - 5:30pm

Session II

Tuesdays

Feb. 3th - Feb. 24th

4:30pm - 5:30pm



Multi-Sport Tots

Instructor: SuperTots Sports Academy Staff



Give your little superstar an awesome first step into sports with Multi-SportTots! This class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. In this program we cover baseball, basketball and soccer.

We spend two weeks on each sport so it's an individual sport focus per class, not all three sports in one class.

Parent participation is required for ages 2 & 3.



Age, Date & Time

Ages: 2-3 years

Fridays

Jan. 17th - Feb. 21th

9:15am - 10:00am

Ages: 3-4 years

Fridays

Jan. 17th - Feb. 21th

10:15am - 11:00am

Ages: 4-6 years

Fridays

Jan. 17th - Feb. 21th

11:15am - 12:00pm



Cupcake Decorating

Instructor: Alison Luciana of
The Great British Cupcake, LLC

Make valentines extra sweet with a sprinkle of cupcake sweetness!

Make valentines extra sweet with a sprinkle of cupcake sweetness! Alison Luciana from the Great British Cupcake, /LLC is back to teach students how to decorate cupcakes that are as delightful to look at as they are to eat!

Students will learn proper piping techniques, how to work with fondant, candy and chocolate to create different designs.

All supplies included. Students leave with their own six unique cupcake creations in a cupcake carrier.

Age, Date & Time

Ages: 6 - 18 years

Sunday, February 9th

1:00pm - 3:00pm



Instructor: CPR Training Professionals, LLC Staff



Safe Sitter is a program for 11-14 year olds where they will learn life-saving skills so they can be safe if they are home alone or watching younger children.

During this class fun games will be played and there will also be role-playing exercises - they will even get to use manikins to practice choking rescue!

Parents will feel better knowing their children are prepared to handle whatever situation comes up, and ready to take charge!

Class topics include: Babysitting as a Business, Infant & Child Choking Rescue, Injury Prevention & Injury Management, Behavior Management, Safety for the Sitter, Child Care Essentials, and Infant & Child CPR.

This is a 5-hour, one day course and students will have a lunch break. There is a mandatory information sheet that will be emailed with your receipt and must be returned at least one week before class.

Please note this class does not include a CPR certificate even though CPR will be taught

Age, Date & Time

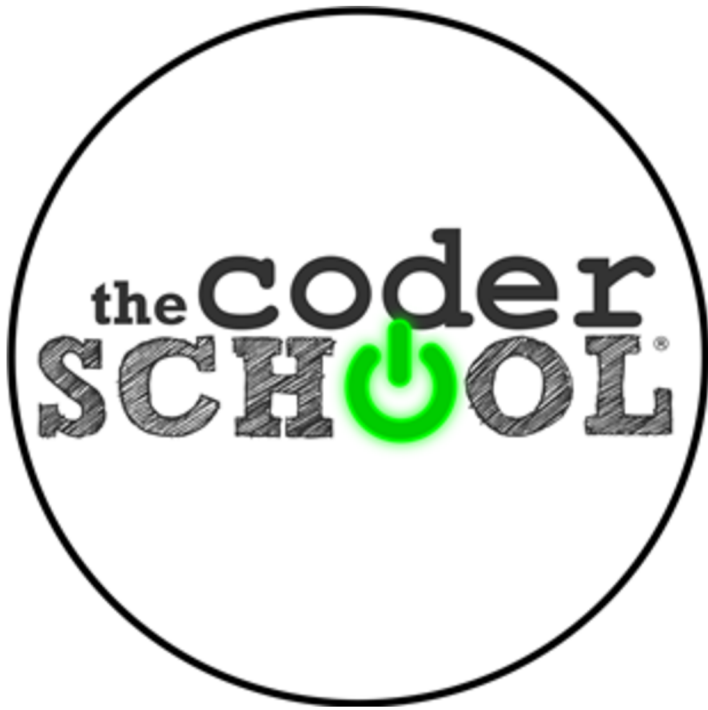
Ages: 11 - 14 years

Saturday

February 1st

9:00am - 2:00pm

(This is a one day, 5 Hour Course)



Scratch Coding

Instructor: The Coder School Instructors

Classes are at The Coder School, 100 Elm St., Cheshire.

Using the MIT developed platform, Scratch, along with block coding, children will create advanced games such as a solar system, Mario platformer, and much more! Learn about loops, variables, x and y coordinates, if and then statements, and more!

Age, Date & Time

Ages: 7 - 10 years

Tuesdays

4:00pm - 5:00pm

Session I

Jan. 14th - Feb.18th

Session II

Mar. 4th - Apr. 8th

Minecraft Coding

Instructor: The Coder School Instructors

Classes are at The Coder School, 100 Elm St., Cheshire.

Using the Minecraft Education Edition students will solve code and go through lesson plans such as planets, pandas, periodic table of elements, and more. Students will learn the X, Y, and Z coordinates, along with variables, conditions, loops, and more.

Age, Date & Time

Ages: 8.5 - 10 years

Tuesdays

5:00pm - 6:00pm

Session I

Jan. 14th - Feb.18th

Session II

Mar. 4th - Apr. 8th

Python Coding

Instructor: The Coder School Instructors

Classes are at The Coder School, 100 Elm St., Cheshire.

Learn the hottest language out right now, used by Google, Instagram, and Netflix! Learn how to draw shapes and create designs using the turtle library. Learn about if and then statements, loops, variables, and more.

Age, Date & Time

Ages: 10 - 13 years

Tuesdays

6:00pm - 7:00pm

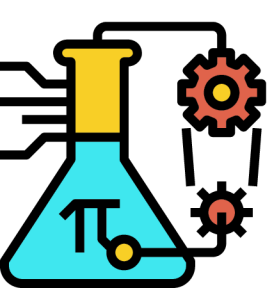
Session I

Jan. 14th - Feb.18th

Session II

Mar. 4th - Apr. 8th

PLEASE NOTE THAT THESE ARE INTRODUCTORY CLASSES AND WHILE PARTICIPANTS ARE WELCOME TO REGISTER FOR ALL THREE PLATFORMS/CLASSES, ATTENDING THE SAME PLATFORM/CLASS IN MULTIPLE SESSIONS IS DISCOURAGED AS SOME PROJECTS REPEAT EACH SESSION.



S.T.E.M



AfterSchool STEAM Challenge

Instructor: CT STEM Academy Staff

In our engineering program, students will investigate engaging hands-on weekly challenges such as creating simple machines, building structures and much more.

These programs are open to students at the school and the students stay at school at dismissal time in order to participate.

Be sure you register for the program held at your child's elementary school.

In our pilot season we are offering one program at Doolittle and one program at Highland.

Grades, Date & Time

Highland School

Grades: 4 - 5

Wednesdays

Jan. 22th - Feb. 12th

3:45pm - 4:45pm

Doolittle School

Grades: 4 - 6

Session I

Thursdays

Jan. 23th - Feb. 13th

3:15pm - 4:15pm

Session II

Thursdays

Feb. 20th - Mar. 13th

3:15pm - 4:15pm

STEM

Robotics Exploration Beginners

Instructor: CT Steam Academy Staff

This program is designed for participants who would like a rich introduction to robotics and coding.

This program encourages critical thinking, problem solving and communication. Participants will be using UB Tech Robotics to learn the basics of building a robot, coding and related STEM applications. Instructors will adjust program instruction to meet the needs of all participants.

Age, Date & Time

Ages: 6 - 10 years

January 9th - January 30th

Thursdays

5:15pm - 6:15pm

STEM

Robotics Exploration Advanced

Instructor: CT Steam Academy Staff

The great minds at LEGO have provided the tools and means for us to use their fun kits to do more advanced STEM and computer science.

LEGO We Do and LEGO Mindstorms are a great way for students to explore a different side of robotics that includes engineering through interesting building challenges, programming, and innovative thinking with high interest materials.

Age, Date & Time

Ages: 7 - 13 years

February 6th - February 27th

Thursdays

5:15pm - 6:15pm

STEM

Chemistry

Instructor: CT Steam Academy Staff

Calling all Junior Chemists!

Participants who join will experience how different substances react with one another. Some experiments may include: making different foods like ice cream; high flying reactions like film canister rockets; or colorful creations like slime and lava lamps.

Age, Date & Time

Ages: 7 - 13 years

March 6th - March 27th

Thursdays

5:15pm - 6:15pm

**CHECK
THIS
OUT**



VEX IQ Robotics Club

An Introduction to a Competitive Robotics team

Instructor: CT STEM Academy Robotics Team Coaches



In this immersive program, participants will engage in hands-on robotics activities while developing effective strategies to excel in future VEX IQ competitions.

Students will be guided by experienced CT STEM Academy Coaches (Team 55508) who have competed in statewide competitions as participants and now coaches. This program is strategically designed to prepare students fostering a deep understanding of the competition environment and enhancing their ability to perform during competitions. Beyond robotics, the program provides a rich introduction to Science, Technology, Engineering and Math (STEM) principles. Participants will explore how these disciplines intersect in the design and operation of robots as well as the value of teamwork.

If you have coding or robotics experience and you are interested in being a member of a competitive 2025-2026 robotics team, then this program is for you!

This Robotics Club will have 10 sessions after the initial info session. The first meeting will be a one hour informational session for students and parents. For more information prior to the info session, please email info@ctstemacademy.org or call us to schedule a phone call with CT STEM Academy Staff.



Age, Date & Time

Ages: 7 - 13 years

January 10th - March 28th

Fridays

5:30pm - 7:30pm

**\$350 Residents
\$360 Non-Residents**

THERAPEUTIC RECREATION

Winter 2024

What is Therapeutic Recreation?

Therapeutic Recreation programs are designed for participants with various special needs. The activities are presented so that participants will be able to understand, become involved and enjoy recreation experiences. A strong emphasis on social skills is included.

IMPORTANT

Participants must have safe behavior, be able to follow simple instructions, stay with a small group and be independent with toileting and feeding.

TR - Afternoon Club

Instructor: Deborrah Sanford & Jennifer Lonicki

This weekly program is an opportunity for high school & transition students to get together with friends, play games, hang out, create simple crafts and more! Games, crafts, relaxation and more are on the agenda each week.

Age, Date & Time

Ages: 14 - 22 years
January 7th - March 25th
Tuesdays
2:00pm - 4:00pm

TR - Walking Club

Instructor: Barbara Costello

Keep moving! Walk, talk and enjoy some light exercise with friends.

We average 1.5-2 miles per walk and it goes by fast with all the talking and laughing! Don't miss out on the fun!

Age, Date & Time

Ages: 7.5 - 99 years
January 8th - March 26th
Wednesdays
4:30pm - 5:15pm

TR - Yoga

Instructor: Christine Iannaimo

Participants can increase flexibility, practice socialization skills and improve fitness. Flexibility helps the whole body stay healthy, manage stress and improve balance.

Age, Date & Time

Ages: 7 - 99 years
January 9th - February 13th
Thursdays
5:15pm - 6:15pm

TR - Cooking up Independence

Instructor: Barbara Costello

Basic cooking skills will be introduced and practiced. The emphasis will be on getting a recipe ready, reading on a box and understanding different methods of cooking such as boil, fry, bake, and stove top cooking. Participants will make a simple item each week, not a full dinner. Be sure to indicate all food allergies when registering. Participants with long hair must have it tied back before entering the kitchen.



Age

13 - 30 years

Date & Time

February 20th - March 20th
Thursdays
4:15pm - 5:15pm

TR - Friday Night Shenanigans

Instructor: Barbara Costello

Time to socialize!
Participants with various special needs get together with friends to have some fun!



<u>Date</u>	<u>Time</u>	<u>Activity</u>
January 17th	6:00pm - 7:30pm	Karoke Night & Pizza making
January 31st	5:30pm - 8:00pm	QU Women's Hockey
February 7th	6:00pm - 7:00pm	Trampoline Park
February 21st	5:30pm - 7:00pm	Senior Panchos
March 14th	6:00pm - 7:15pm	Paint Night

Registration Process & Payment Policy

ONLINE- Visit our website at cheshirect.myrec.com

IN- PERSON- Parks & Recreation hours are Monday-Friday 8:30am to 4:00pm

MAIL-IN - Mail in Registration Forms can be mailed with payment to 559 S. Main St., Cheshire CT 06410

PAYMENTS- We accept cash, check, Mastercard, Visa, and Discover.

All registrations must be accompanied by full payment.

Check payable information is listed on each registration form

Program Cancellations

Refunds and Cancellation Policy

Full refunds will be issued if a program is cancelled by the Town. Participants who withdraw from a program at least 2 weeks prior to the start of the program will receive a full refund. No refunds will be given once a program begins, unless for medical reasons and accompanied by a doctor's note.

Transfer Policy

You may request to transfer a participant from one program into another if the program type and fee are the same. Transfers must be submitted using this form at least 14 days prior to the start of the class that the participant is currently enrolled in.

Please note: If you request cancellation of the class the participant was transferred into, refunds can only be issued via check even if the original payment was by credit/debit card.

Program Cancellations

If there are not enough registrations by one week prior to start date, the program may be cancelled. If a program must be cancelled registrants will be notified by e-mail and/or telephone as soon as possible, and a full refund will be issued.

Inclement Weather Notice

If the Town of Cheshire is closed all activities are cancelled. For cancellation information please check cheshirect.myrec.com. Unless otherwise noted, programs that are cancelled due to inclement weather are typically added to the end of the session.

Non-Residents

Registrations for non-residents will be accepted with a \$10 additional fee. The \$10 fee is waived for 1-day programs and online/virtual programs. Some programs are subjected to additional restrictions/ Residents are defined as those person domiciled on a permanent basis in the Town of Cheshire and individual property owners of real property (non-motor vehicle)

Special Accommodations

Programs and activities are for individuals of all ability levels and we are committed to meeting the needs of the entire population. Accommodations may be arranged for individuals with special needs. To request program modifications or accommodations, contact John Gawlak, Parks and Recreation Director, at jgawlak@cheshirect.org to discuss your needs.



contact us

Location

**Harmon Leonard Jr. Youth Center
559 South Main Street
Cheshire, CT 06410**

Hours

**Monday - Friday
8:30AM to 4:00PM**

Phone: 203-272-2743

Fax: 203-272-5858

E-mail: Recreation@Cheshirect.org

