

RECREATION & THERAPEUTIC PROGRAM GUIDE

SPRING & SUMMER 2025



CHESHIRE

- Parks & Recreation -

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

theshire, CT 06410 Monday - Friday 8:30am -4:00pm (203) 272-2743

recreation@cheshirect.org

cheshirect.myrec.com







APRIL 77

Underwater Egg Hunt

Location: Cheshire Pool

Ages: 0-12 \$4 Registration Required

APRIL 12

Cheshire Lions Easter Egg Hunt

Location: Cheshire Park

All Ages
No Registration Required

APRIL 14

Chalk it Up

Location: Bartlem Park

All Ages
Free - Registration is Required

APRIL 15

Family STEM Night

Location: Mixville Park

All Ages Free Event

APRIL 15

Steve Horvath Fishing Derby

Location: Mixville Park

Ages: 6-16
Free - Registration is Required

APRIL 16

Mixville Muck Run

Location: Mixville Park

Ages: 4+
\$5 Registration Required

APRIL 77

Touch a Truck

Location: Bartlem Park

All Ages
No Registration Required

APRIL 17

Gentle Egg Hunt

Location: Bartlem Park

Ages: 3-15 \$5 Registration Required

To register and for more information go to:

cheshirect.myrec.com

















Ages: 4-14 years

Standard week is Monday - Friday 9:00am -3:30pm

Available Options

- Full Day
- Half Day
- Before Čare
- After Care

Campers will get to experience a variety of games, activities, sports and crafts all in a beautiful outdoor park complete with hiking trails, open fields, sand volleyball courts, a basketball court, a playground, and the John G. Martin Foundation Outdoor Education Center.

NEW for 2025: Weekly trips to the Community Pool!

	Date	Theme	Presenter
A	June 23-27	Sports	Portable Mini Golf
В	June 30-July 3* (no camp Friday, July 4)	Patriotic	Visit from Cheshire Fire & Police
C	July 7-11	Superhero	Jason Tardy Juggling
D	July 14-18	Sharks	Showtime Steve
E	July 21-25	Wild Safari	Riverside Reptiles
F	July 28-August 1	Color Wars	Foam Cannon Party
G	August 4-8	Olympics	Laser Tag on the Go



ADULT PROGRAMS

BUILD & BURN

Ages 16+

Instructor: Donna Paventy

A total body workout using light to heavy weights to sculpt and tone your body.

Please bring a mat, water, towel and lots of energy!

Date & Time

Tuesdays, March 25th - May 27th 7:00pm - 7:45pm OR

Saturdays, March 29th - May 31st 8:00am - 8:45am

STEP AEROBICS

Ages 16+

Instructor: Donna Paventy

Step aerobics is a classic workout that will make you sweat and get your heart pumping. It is a 45 minute workout that can be done on or off the platform with or without risers.

It will improve your fitness, agility, coordination and strength. You start with a warmup and move into a step routine, ending with a cool down and stretch.

Date & Time

Thursdays, March 25th - May 27th 6:00pm - 6:45pm

BOOT CAMP

Ages 16+

Instructor: Donna Paventy

Boot Camp is a fun, high energy class to get you in shape and feel great. Using a bench, weights, bands, sliding disks and stability balls along with cardio training you can get a lean and toned body. This class helps you to push yourself. Feel better, fitter, more energized and stronger. Please bring water and mat.

> Date & Time Thursdays, April 3rd - May 29th 7:15pm - 8:00pm

GOLF LESSON - ADULT NOVICE

Instructor: Pete Stankevich Ages 15+

All classes are held at

Chris Cote's Top Tracer Range in Southington. 125 Jude Ln, Southington, CT 06489

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.

> Date & Time Wednesdays, March 12th - April 2nd 6:00pm - 7:00pm

GOLF LESSON - WOMEN ONLY

Instructor: Pete Stankevich Ages 15+

All classes are held at

Chris Cote's Top Tracer Range in Southington. 125 Jude Ln, Southington, CT 06489

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.

> Date & Time Mondays, March 10th - March 31st 6:00pm - 7:00pm

Drop in Classes Available

DOG TRAINING LESSONS

Ages 18+

Instructor: Bruce Giannetti, Phil Huntington, and John Jalbert

Two levels of Dog Training Lessons led by Phil Huntington & John Jalbert in consultation with Bruce Giannetti! All trainers new to Parks & Recreation lessons should start in the Puppy & Beginner Lessons. If you and your dog are more advanced, you will be invited to move up to the Novice & Open Lessons.

Date & Time

Mondays, March 31st - May 19th Puppy & Beginner Novice & Open 6:15pm - 7:10pm 7:15pm - 8:10pm



FOREST BATHING WITH FIT BY NATURE

Instructor: Mary Cole



Could your soul use a massage? Time in Nature is never wasted and it's scientifcally proven to be medicinal to our mental and physical health.

Instructor, Mary Cole, invites you to allow yourself two hours of peace to engage your senses and reconnect your body to the poetry of the earth.

While embraced in the wisdom of Mother Nature, she will guide you by merging nature's ethereal charm and whispered messages into your universe. Forest Bathing with Fit by Nature is an experience where wilderness offers serenity to your mind, body and spirit. Are you ready to get grounded and reconnect?

Before you roll your eyes, try it, you'll walk away thinking "What just happened? THAT felt GREAT!" ??

Mary is a certified guide in Forest Therapy and Nature Mindfulness, an outdoor educator, state certified educator, founder of Fit by Nature and is currently working on her Audubon Master Naturalist certification. She loves the opportunity to work with adults as she's with kiddos all week long!

Date & Time

Friday, April 25th 10:30am - 12:30pm OR Friday, May 30th 10:30am - 12:30pm





COMMUNITY GARDEN

Any questions please contact: recreation@cheshirect.gov



Now accepting requests for the Community Garden Waitlist!

The Community Garden is located in the northeast corner of Bartlem Park behind the playground. It is a wonderful place to grow your favorite foods and/or flowers. Plots measure 20'x20'. There is a storage shed for you to store your tools and water outlets are provided. Gardening will begin mid-May and go thru mid-October.

At this time, all gardens are reserved for the gardeners from last year. A waitlist for new gardeners is being created.

To be added to the waitlist you may register online or send in a registration form - no money is due when being placed on the waitlist. New gardeners will be assigned plots as they become available in the order they appear on the waitlist; payment will be due if you are assigned a garden plot.

Before adding your name to the waitlist, please consider the following rules that all gardeners must abide by:

- * Plot is assigned in "as is" condition. Gardeners are responsible for their own plot preparation including tilling and fencing.
- * Garden must be maintained within the assigned 20'x20' plot.
- * Do not plant vines or climbers on fences between plots and do not let vines or other plants creep into walkways or neighboring gardens.
- * No herbicides allowed. Organic pesticides may be used with extreme caution.
- * Keep your plot neat and tidy throughout the season and keep the pathway adjacent to your plot tidy and clear of weeds and other overgrowth.
- * Supervise children in the garden area and do not leave children unattended while you garden.
- * If your garden plot becomes unkempt, the Parks & Rec. Dept. will notify you and allow you two weeks to clean it up. If it is not tidied, then it may be reassigned and you may lose your privilege to register for a plot next year.

YOUTH PROGRAMS

FIT BY NATURE

Instructor: Mary Cole

Grades: K - 5

OUTDOORS AND UNPLUGGED!





the Fit by Nature class uses an emergent learning style that guides kids to a connection with nature, promotes healthy bodies and minds, encourages social engagement, and inspires resilience and mindfulness.

Fit by Nature offers engaging experiences that connect kids to each other and this playground that we call Earth. Bursting with opportunities to learn the best way, through play, this class is an answer to the parental concerns about the pandemic of technology overload in our youth.

<u>Date & Time</u> Mondays, April 21st - May 19th 4:45pm - 6:00pm

CUPCAKE DECORATING

Instructor: Alison Luciana from Great British Cupcake LLC Ages: 6 - 18



Join us for a fun-filled cupcake decorating class this Spring season! Alison Luciana from Great British Cupcake LLC will guide kids through easy decorating techniques using colorful frosting and edible decorations. They'll craft adorable sheep, chicks, and spring flowers to bring home in their very own cupcake carrier.

All supplies included! Ready to sprinkle some Spring magic?

> <u>Date & Time</u> Sunday, March 30th 1:00pm - 3:00pm

SAFESITTER

Instructor: CPR Training Professionals
Ages: 11 - 14

Safe Sitter is a program where children will learn life-saving skills so they can be safe if they are at home alone or watching younger children. They will play fun games and do some role-playing exercises.

Parents will feel better knowing their child is 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.

Date & Times

Thursday, April 17th 9:00am - 2:00pm OR Saturday, June 28th 9:00am - 2:00pm

GIRLS VOLLEYBALL

Instructor: Charissa Zbikowski

Interested in a fun, fast-paced team sport?



Come play volleyball! Participants will learn the rules and fundamentals of the game through a series of fun individual and group drills and games and competitive play. Grab your friends and we'll see you on the court!

Date & Time

Grades 5 & 6 Saturdays March 22nd - May 31th 8:30am - 10:15am Grades 7 & 8 Saturdays March 22nd - May 31th 10:15am - 12:00pm

BOYS VOLLEYBALL

Instructor: Molly Michaud Grades: 5-8

Interested in a fun, fast-paced team sport? Come play volleyball!



Participants will learn the rules and fundamentals of the game through a series of fun individual and group drills and games and competitive play. Grab your friends and we'll see you on the court!

> <u>Date & Time</u> Sundays, April 6th - May 18th 12:00pm -1:30pm



SKYHAWKS: PICKLEBALL CLINIC

Instructor: CT STEM Academy Staff

Get in the game with Skyhawks Pickleball, gateway to the fastest-growing paddle sport!

This program develops and sharpens pickleball skills like groundstrokes, volleys, and serves in a fun environment while focusing on teamwork, sportsmanship, and respect. Come experience this lively sport while building confidence and appreciation for pickleball!

6 & 7 year olds

Monday Through Thursday July 14th - July 17th 1:00pm -2:00pm

8 & 9 year olds

Monday Through Thursday July 14th - July 17th 2:15pm -3:15pm

10 - 14 vear olds

Monday Through Thursday July 14th - July 17th 3:15pm -4:15pm

SUPERTOTS: MULTI-SPORTTOTS

Instructor: Skyhawks SuperTots 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 45 minute class.

Parent participation is required for ages 2 & 3.

Spring 2025

2 year olds

Friday, April 4th - May 16th 9:15am - 10:00am

2 & 3 year olds

Tuesday, April 1st - May 13th 4:00pm -4:45pm

3 year olds

Friday, April 4th - May 16th 10:15am - 11:00am

4 & 5 year olds

Tuesday, April 1st - May 13th 5:00pm -4:45pm

4 & 5 year olds

Friday, April 4th - May 16th 11:15am - 12:00pm



Summer 2025

2 year olds

Monday through Friday, July 28th - Aug 1st 10:00am -10:45am

3 year olds

Monday through Friday, July 28th - Aug 1st 11:00am -10:45am

SKYHAWKS: MINI-HAWK

Instructor: Skyhawks Sports Academy Ages: 4 - 6

Baseball, Basketball, and Soccer!

Embark on an adventure with Skyhawks Mini-Hawk where younger children can explore a variety of sports. Mini-Hawk programs offer a fun, structured learning environment while enhancing balance and coordination. Campers improve athletically while learning sportsmanship and teamwork. Perfect for a playful introduction to athletics!

<u>Date & Time</u> Monday through Friday July 28th - August 1st 12:00pm -3:00pm

SKYHAWKS: BEGINNERS GOLF

Instructor: Skyhawks Sports Academy Ages: 5 - 8

Swing into Skyhawks Beginning Golf, powered by Payne Stewart Golf Experiences.

This beginning program focuses on fun and repetition with a games-based approach that can be played on any surface. Specialized equipment is used to ensure early success for young players. Key skills like putting and chipping are taught through engaging activities. Ideal for beginners and those improving, join Skyhawks for rewarding progress with every shot!

<u>Date & Time</u> Monday through Friday July 14th - July 18th 9:00am -12:00pm

SKYHAWKS: FLAG FOOTBALL

Instructor: Skyhawks Sports Academy Ages: 7 - 12

Score a touchdown with Skyhawks Flag Football!

This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and get in the game with Skyhawks Flag Football!

<u>Date & Time</u> Monday through Friday July 21st - July 25th 9:00am -12:00pm

CHESHIRE BASEBALL SPRING CLINIC

Instructor: Alex LeFevre Grades: K - 8

Run by the Cheshire High School baseball coaching staff and players with proceeds benefiting the CHS Baseball Teams! This is a fun baseball opportunity appropriate for all player abilities.

Participants will receive a t-shirt, pizza, and beverages. Come join the CHS baseball team on the CHS Baseball Field baseball and fun!

<u>Date & Time</u> Sunday, April 6, 2025 11:00am -1:00pm



Instructor: Pete Stankevich Ages: 7 - 14

All classes are held at

Chris Cote's Top Tracer Range in Southington. 125 Jude Ln, Southington, CT 06489

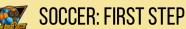
Classes include fundamentals of the set-up, fundamentals of the golf swing, how to play with irons and woods, pitching, sand bunker play, chipping, putting, rules and etiquette, and much more.

> <u>Date & Time</u> Wednesdays, March 12th - April 2nd 4:30pm - 5:30pm









Instructor: A Step Ahead Soccer Staff Ages: 2 - 3

Our First Step program is specifically designed for 2-year-olds to be introduced to soccer.

This is a parent-and-me program, so each child is expected to have an adult helper with them each week. The specific goals of this program include helping children learn to interact within larger groups, increasing their attention spans with the help of their parents through our interactive storytelling methodology, learning to kick and control a ball with their feet, and the introduction to a specific soccer skill.

Each week we take the kids on a great imaginary adventure that stimulates their imaginations and teaches them about the world around them. We use songs and fun games to enhance their enjoyment. We end each session with a skills-forstickers segment during which the children earn stickers for sharing what they have learned and for scoring goals.

Fee includes FULL UNIFORM (Jersey, Shorts, And Socks) plus a medal and stickers for all players.



<u>Date & Time</u> Saturdays, April 5th - May 17th 10:00am -10:45am



SOCCER: STEP UP

Instructor: A Step Ahead Soccer Staff Ages: 3 - 5

In our Step Up program, we help children who are 3 and 4 years old to become independent and grow in their own confidence.

We encourage children to leave their parent's side and to join the group as we go on fantastic, interactive adventures that spark their imaginations as they develop their abilities to control a ball with their feet. We seamlessly integrate basic soccer skills into each session, and we also weave our special skill of the season into every class. After the adventure, the players all get to show off their mastery of the season's skill in our skills-for-stickers segment of each class. Week after week, we build the skill up so that the players learn at their own pace but are also challenged with new movements every week making this a fantastic gross motor skill development exercise.

Each week ends with a game where we cheer the player on as they learn to control the ball and score goals in a non-competitive, but chaotic environment.

Fee includes FULL UNIFORM (Jersey, Shorts, And Socks) plus a medal and stickers for all players.

<u>Date & Time</u> Saturdays, April 5th - May 17th 10:00am -10:45am



SOCCER: NEXT STEP

Instructor: A Step Ahead Soccer Staff
Ages: 5 - 6

In our Next Step program, we prepare 5-year-olds for the transition to traditional soccer practices and games.

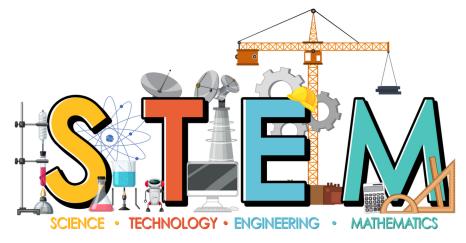
We begin each week with the same adventurebased, storytelling methodology that is the hallmark of our program, but we reserve the more difficult or complicated skills for this age group!

During our skill-for-stickers portion of our program, we place more emphasis on the players performing the skill correctly, although we always reward effort over success. During our mini games, we focus on players trying to attack the opponent's goal and to defend their own. The weekly sessions are one hour long.

Fee includes FULL UNIFORM (Jersey, Shorts, And Socks) plus a medal and stickers for all players



<u>Date & Time</u> Saturdays, April 5th - May 17th 10:00am -10:45am





FAMILY STEM NIGHT @ MIXVILLE

Instructor: CT STEM Academy Staff

Join us for a fun night of exploring Science, Technology, Engineering and Math!

You'll have a chance to build a rocket, create a tower, program a Sphero robot and code with our Ozobots. Many more hands-on investigations!

<u>Date & Time</u> Tuesday, April 15th 5:00pm -6:30pm

STEM: ROCKETRY @ MIXVILLE

Instructor: CT STEM Academy Staff
Ages: 7 -13

"What goes up must come down!"

Students will explore what it means to be an object in motion. Examining and understanding motion and movement through various STEM builds, students will get to investigate gravity and the forces that push the world around them. All participants will create make and take rockets

<u>Date & Time</u> Thursdays, April 24th - May 15th 5:00pm -6:30pm

STEM: STEAM FOR AGES 5 & 6

Instructor: CT STEM Academy Staff
Ages: 5 - 6

Children will embark on a series of fun, interactive activities designed to spark curiosity and inspire a love of learning. Through engaging projects and experiments, young explorers will dive into the fascinating worlds of robotics, chemistry, and engineering. From building simple robots to mixing safe and colorful chemical reactions, kids will develop problem-solving skills, creativity, and teamwork—all while having tons of fun!

<u>Date & Time</u> Tuesday, April 15th 10:00am -12:00pm

STEM: STEAM FOR AGES 7 & 8

Instructor: CT STEM Academy Staff
Ages: 7 - 8

Do you like to explore science, solve problems and use technology?

If you do, then STEM Academy is the perfect place for you! Join us for an engaging session of exploring many different STEM Challenges through hands-on investigations. Our session will include high interest materials such as Legos, K'NEX, and Ozobots.

<u>Date & Time</u> Tuesday, April 15th 1:00pm -3:00pm

GIRL POWERED STEAM

Instructor: CT STEM Academy Staff
Ages: 8 - 12

We engage girls in a balance of hands-on Engineering activities, along with social skills and collaboration skills. Both self-guided and teacher-led projects will take place. Girls will work to build, test, and improve their very own creations, which encourage fun learning experiences for all.

<u>Date & Time</u> Monday, April 14th 1:00pm -3:00pm

STEM: STEAM EXPLORATIONS

Instructor: CT STEM Academy Staff
Ages: 8 - 12

Join us for an engaging session of exploring a range of topics from Science, Technology, Engineering, Art, and Mathematics.

Participants will be grouped based upon experience and/or age.

<u>Date & Time</u> Monday, April 14th 10:00am - 12:00pm

For more information or to register go to cheshirect.myrec.com



THERAPEUTIC RECREATION

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: Barbara Costello, Deb Sanford, & Jenn Loniki Ages: 14 - 22

This program will meet each week so your child can get together with friends, play games, hang out, explore some movement, etc. Participants are picked up at CHS 15 mins prior to dismissal and walked to the Youth Center for 2 hours of fun and friends.

<u>Date & Time</u> Tuesdays, April 1st -June 3rd 2:00pm - 4:00pm

TR: WALKING CLUB

Instructor: Barbara Costello Ages: 10+

Keep moving!

Walk, talk, and enjoy some light exercise with friends. This group has a great time no matter where we walk. We average 1.5-2 miles per walk. We will enjoy the new space at Bartlem Park!

Don't miss out on the fun!

<u>Date & Time</u> Wednesdays, April 2nd -June 4th 4:30pm - 5:15pm

GENTLE EASTER EGG HUNT

Instructor: Barbara Costello Ages: 3-15

This spring Egg Hunt is designed for children who do not enjoy the chaos and stimulation at the usual egg hunts. This Gentle Egg Hunt will be set up with no loud music, no large characters, and will have a hunting system with stickers or colors that individuals have to find and slow down the hunting.

<u>Date & Time</u> Thursday, April 17th 2:00pm

TR: TENNIS

Instructor: Marcie Hayden Ages: 8+

Learn the basics of tennis!
All skill levels welcome. Depending on their level, players will be taught how to hit, return, and simple rules of play. Get out, get moving, & have fun. 2 levels beginner/advanced

<u>Date & Time</u> Thursdays, May 1st - June 5th 6:00pm - 7:00pm





Night Shennanigans

Ages: 14 - 35

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



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 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 n 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.



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



