


Recreation & Therapeutic PROGRAM GUIDE



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

MEET THE STAFF



Director

John Gawlak, CPRP

Ruler of Rec! From parks to pickleball, he leads the charge—planning, promoting, and making recreation happen for the whole community. Part leader, part logistics wizard, always ready with a spreadsheet and a smile.

e-mail: jgawlak@cheshirect.gov

Program Supervisor

Elizabeth Mayne, CPRP

Planner of fun, keeper of schedules, and Youth Center HQ captain! Helps run awesome programs, supports the team, and steps in as a director when needed. Basically, the go-to for good times and organized chaos.

e-mail: emayne@cheshirect.gov

Assistant to the Director

Stephanie Dunn

Quietly conquers budget, payroll, and paperwork, all without breaking a sweat. Basically, the money mastermind and problem-solver making sure every dollar and detail falls perfectly into place.

e-mail: sdunn@cheshirect.gov

Program Coordinator

Brendan Moran

From fresh ideas to community favorites the Program Coordinator helps plan, grow, and spread the word about recreation programs that bring people together and keep the fun going all year long.

e-mail: bmoran1@cheshirect.gov

Administrative Assistant

Krista Massey

The friendly voice and smiling face who keeps everything running like clockwork! Answers calls, manages registrations, handles money stuff, helps keep the office organized and tidies up the chaos (with just a hint of raccoon-like resourcefulness).

e-mail: kmassey@cheshirect.gov

Therapeutic Coordinator

Barbara Costello

She plans programs for special needs kids, wrangles an amazing crew of instructors and mentors, and doubles as the party planner for all our Parks & Rec shindigs. Basically, if it's happening, she's got it covered – with a smile and probably a to-do list a mile long!"

e-mail: bcostello@cheshirect.gov

General Questions? Contact our office at (203) 272-2743 or recreation@cheshirect.gov





Your roadmap
to fun, fitness,
and community
awaits!



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Can't find it here?
Check out our webpage
cheshirect.myrec.com
or call us at
(203) 272 -2743

THE SCARECROWS ARE COMING TO CHESHIRE

Let your creativity shine in our Annual Scarecrow Contest!
Whether spooky, silly, or one-of-a-kind, everyone is welcome to enter!
we can't wait to see what you dream up!



This year, the Scarecrow Committee invites you to wander through our walkable Scarecrow Rotary — a playful path lined with quirky, creative, and delightfully spooky scarecrows!

Scarecrows will be on display for all to enjoy from October 8 through November 3.
Community members are encouraged to vote for the Community Favorite through an online poll that will be available from October 11 - October 19 on our website!



Registration Fee
\$25

Registration Deadline
Wednesday
October 1, 2025

Proceeds Benefit
Cheshire Human
Services

Co-sponsored by
CPFA Artsplace, Cheshire
Chamber of Commerce,
Cheshire Public Library
and Cheshire Parks &
Recreation

Register at
cheshirect.myrec.com



Let's fill the town with fall spirit.
We can't wait to see what you
create!

THE GREAT TURKEY HUNT RETURNS

NOVEMBER 20, 2025
6:30PM

Prizes
Provided by:
Chick-Fil-A



Do you have what it takes to JOIN THE HUNT?

Grab your team, pack your detective gear, and get ready
for a gobble-tastic adventure!

Here's the Game Plan:

- **Step 1:** Pre-register to be part of this epic hunt!
- **Step 2:** Get your clues—emailed to you at the start of the event or pick up a printed copy at the Youth Center.
- **Step 3:** Solve the clues to track down laminated turkeys hidden at parks and landmarks all over Cheshire.
- **Step 4:** Find a turkey? Hustle to the Youth Center to swap it for a prize basket (thanks to Chick-fil-A in Wallingford!).

BUT WAIT! Only one turkey per group can be redeemed. As each prize is claimed, we'll update our Facebook page with where it was found! We'll also email all participants once every prize has been snatched up.

💡 **Quick Tips:** Register by 4:00 p.m. on 11/20/25 to get your clues!
Bring a flashlight—who knows where those turkeys might be hiding!

Event is free but pre-registration is required at Cheshirect.myrec.com
This event is for Cheshire Residents Only



PUZZLE COMPETITION

CAN YOUR CREW CRACK THE MYSTERY PUZZLE FIRST?

Gather your family or friends and race to complete a 500-piece puzzle!

🏆 First team to finish—or the team with the fewest pieces left—wins a prize!

The puzzle image is a secret until game day!

 Register by Friday, October 18!

Teams of up to 6 – only one person registers the group.

Don't forget to list your teammates!

Think fast. Work together. Puzzle hard.

DATE
NOV 8

TIME
2 - 4 PM



Light snacks
will be
provided



MIXVILLE BASH

OCTOBER 24, 2025

THE PARTY IS
FROM
5PM - 7PM

WHERE?
MIXVILLE PARK
1300 NOTCH RD.
CHESHIRE, CT 06410

DON'T FORGET
YOUR COSTUME!

JOIN US FOR OUR ANNUAL HALLOWEEN BASH!
For more information on events and schedule
go to cheshirect.myrec.com



ANNUAL

Winter Wonderland

AT BARTLEM PARK

Get ready for a holly jolly evening as the heart
of our town twinkles to life!

Save
the
Date

December 7, 2025

3:30 - 7:00 pm

Live music
Carolers
Games
Hot cocoa
Cookies
Hayrides
Ice carver

IT'S AN EVENT YOU WONT
WANT TO MISS!

SPECIAL THANKS TO:

CHESHIRE TOWN COUNCIL, TOWN MANAGER, CHESHIRE PUBLIC WORKS DEPT., CHESHIRE FIRE DEPT., CHESHIRE LIONS CLUB,
CHESHIRE VOICE, CHESHIRE JUNIOR WOMEN'S CLUB, M&T BANK, PARKS & REC COMMISSION & STAFF, RON GAGLIARDI
TOWN CRIER, CHS MARCHING BAND, CHESHIRE CHAMBER OF COMMERCE AND POWER STATION EVENTS

Santa HOTLINE

**FOR TWO SPECIAL DAYS ONLY, WE'LL CONNECT YOU DIRECTLY
WITH SANTA HIMSELF—RIGHT OVER THE PHONE!**

TELL HIM YOUR WISH LIST
SHARE YOUR HOLIDAY CHEER
OR JUST SAY HI!

DEC 16TH OR 17TH
5:00PM - 7:00PM

REGISTRATION REQUIRED AT CHSHIRECTMYREC.COM

FOR CHESHIRE RESIDENTS ONLY



NEW PROGRAM HIGHLIGHT!



Pasta Making with Passionately Pasta

Instructor: Nick Imbriglio

Get ready to get your hands floured up!

This hands-on class is all about the art of pasta-making—**no fancy machines required.**

You'll learn how to mix, roll, and shape pasta from scratch using just your hands and a few simple tools.

SHAPES

Sunday, October 12

12:00pm -2:00pm - Parent/Guardian and Child Class (Ages 6-12)

3:00pm - 5:00pm - Adult Class (Ages: 13+)

ROLLING PASTA

Sunday, November 9

12:00pm -2:00pm - Parent/Guardian and Child Class (Ages 6-12)

3:00pm - 5:00pm - Adult Class (Ages: 13+)

RAVIOLI

Sunday, December 14

2:00pm -2:00pm - Parent/Guardian and Child Class (Ages 6-12)

3:00pm - 5:00pm - Adult Class (Ages: 13+)

"Roll with us—your pasta adventure awaits!"

Please note allergies, there will be "gluten and egg products being used"

ADULT PROGRAMS

Age: 18+

Day: Thursdays

Time: 10:00am -11:00am

Dates:

October 16 , October 30

November 13, December 4

MEDICARE MADE CLEAR

Instructor: Michael Bush

Join us for a free Medicare Made Clear seminar where you'll learn the basics of Medicare in a simple, easy-to-understand way. There's no cost to attend and absolutely no sales pitch — just helpful information. Bring your friends and your questions for a relaxed, informative session. We're here to help you feel confident about your Medicare choices!

Age: 18+

Day: Mondays

Session I: Sept 8 - Oct 27

Session II: Nov 3 - Dec 15

Time: 6:15pm -7:10pm

PUPPY & BEGINNER DOG TRAINING

Instructor: Phil Huntington, John Jalbert, & Bruce Giannetti

Who's walking who?

Does your puppy or dog pull, lunge, jump, counter surf, not come when called or bark incessantly? Owners of dogs four months or older will receive instruction in basic obedience training to include the 7 common commands - sit, stay, down, heel, off, come and no. We will also address other common issues and individual dog/handler needs.

All dogs must have their shots prior to the first class.

Bring your vaccination certificates, dog, a training collar and 6 foot leash to class.

Daily Drop-ins are available for both Dog Training Classes:

\$30/class (no additional non-resident fee); preregister on-line or arrive a few minutes early to register on-site.

Age: 18+

Day: Mondays

Session I: Sept 8 - Oct 27

Session II: Nov 3 - Dec 15

Time: 7:15pm -8:10pm

NOVICE & OPEN TRAINING

Instructor: Phil Huntington, John Jalbert, & Bruce Giannetti

Let's get moving! Dogs and handlers who have completed the Puppy/Beginner Course can move on to perfect their skills and continue their learning journey by adding skills working toward off lead work!

A stepping stone from beginners we continue to work on sit, stay, off, down, come, heel and no while adding additional movement, obstacles and distractions!

This course requires a training collar and 6 foot leash. Instructors are able to begin laying groundwork for therapy work if you are interested.

ADULT FITNESS

Whether you're building strength, burning calories, or just moving for joy—our supportive instructors and welcoming community are here to keep you motivated and inspired.



Let's get stronger together!



BUILD & BURN

Instructor: Donna Paventy

AGES: 16+

This **full-body workout** combines light to heavy weights to help you build strength, improve muscle tone, and sculpt your body from head to toe. Through a series of targeted movements, you'll challenge all major muscle groups—helping you feel stronger, leaner, and more energized with every class.

Day: Tuesday

Date: Sept 9 - Dec 16

Time: 7:00pm - 7:45pm

Day: Thursday

Date: Sept 4 - Dec 18

Time: 6:00pm - 6:45pm

Day: Saturday

Date: Sept 6 - Dec 20

Time: 8:00am - 8:45am

CIRCUIT TRAINING

Instructor: Donna Paventy

Ages: 16+

Day: Thursdays

Date: Sept 4 - Dec 18

Time: 7:00pm - 7:45pm

Get a full-body workout with a mix of **resistance** and *cardio* exercises!

In this fast-paced class, you'll move through stations, alternating between strength and cardio movements. Each exercise is done for a set amount of time, and the circuit is repeated 3–4 times.

Circuit training helps boost your heart health, build strength, and increase endurance—all while keeping things fun and energizing!

HIP HOP TO FITNESS

Instructor: Michele Schweighoffer

Ages: 18+

Day: Wednesdays

Date: Oct 1 - Dec 10

Time: 7:00pm - 7:45pm

Jump into this upbeat class where you'll warm up, learn fun hip hop moves, and put them together in a short, feel-good combo. Each week, we'll either build on what we've learned or mix it up with something new—set to awesome tracks from the '80s, '90s, and today.

It's a blast and a great way to get your steps in!

Just bring your sneakers, some water, and your best dance energy!

ADULT FITNESS

HIIT

Instructor: Kathy Perez

Ages: 18+

Don't miss your chance to break a sweat and have a blast!

This energizing class combines strength training and cardio intervals for a full-body workout that's never boring.

All fitness levels are welcome—just bring your mat and water bottle. We'll handle the rest (yep, we've got the weights, bands, and gear covered)!

Day: Mon, Wed, & Thurs

Date: Sept 8 - Dec 18

Time: 6:00am - 6:45am

Day: Tues & Thurs

Date: Sept 9 - Dec 18

Time: 9:00am - 9:45am

Day: Saturday

Date: Sept 13 - Dec 20

Time: 7:00am - 7:45am

Ages: 13+

Day: M, T, W, Th, Sa

Date: Oct 6 - Nov 15

Time M & W: 6:15pm - 7:00pm

Time T & Th: 6:30pm - 7:15pm

Time Sat: 9:30am to 10:15am

KICK-FIT KICKBOXING

Instructor: Leadership Martial Arts Staff

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

An exciting workout program where you punch, jump, lift and kick using heavy bags, rip bands, kettle bells and medicine balls, all while learning self-defense skills. Fee includes boxing gloves!

This special introductory offer is available to new students only.

Individuals who have attended a previous Kick-Fit Kickboxing program are not eligible.

Participants are welcome to attend as many or as few dates as their personal schedules allow. Please note, however, that the program registration fee will remain the same regardless of the number of classes attended.

STEP AEROBICS

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.

ADULT FITNESS

STARRE

Instructor: Kathy Perez

Ages: 18+

Instructor, Kathy Perez, has combined the traditional Barre Class with Step Aerobics to create **STARRE!**

Take the best of two low impact exercise classes and combine them 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, allowing you to get the best of both worlds (cardio & strength) in one amazing low impact class.

Day: Tuesday

Date: Sept 9 - Dec 16

Time: 9:00am - 9:45am

Day: Wednesdays

Date: Sept 10 - Dec 17

Time: 9:00am - 9:45am

Ages: 18+

Day: Sundays

Date: Sept 28 - Dec 21

Time: 10:00am - 11:00am

YOGA: MULTI-LEVEL

Instructor: Rebecca Baldassari

Unwind in this all-levels yoga class that gently blends strength, flexibility, and mindful breathing. Move with intention as you flow through grounding poses, quiet the mind, and reconnect with your body.

Leave feeling centered, refreshed, and restored—ready to move through your week with calm and clarity

ZUMBA

This is more than just a workout – it's a party for your body and soul. The music will move you, the beats will boost your mood, and the stress? It melts away the moment you step in. For one full hour, it's just you, the music, and the magic of movement. Whether you're brand new or a seasoned dancer, you'll feel empowered, energized, and connected.

Come as you are – leave stronger, happier, and more inspired.

Instructor: Penny Delahanty

Ages: 18+

Day: Mondays

Date: Sept 8 - Nov 17

Time: 6:15pm - 7:00pm

Instructor: Donna Paventy

Ages: 18+

Day: Saturdays

Date: Sept 6 - Dec 20

Time: 9:00am - 9:45am

ADULT FITNESS



All Bergamo Classes are held at
📍 272 Sandbank Rd, Cheshire, CT 06410

Age: 18 +

Day: Thursdays

Session I: Sept 4 - Sept 25

Session II: Oct 9 - Oct 30

Time: 9:30am - 10:00am

BERGAMO'S TAI CHI

Instructor: Ralph Bergamo

Tai Chi is a gentle martial art practiced by millions worldwide. It improves balance, flexibility, and stability—and for many, it's also a calming, meditative way to relieve stress.

Taught by Grandmaster Ralph Bergamo, this class focuses on Yang Style, the most popular form in the U.S.

Age: 18 +

Day: Wednesdays

Session I: Sept 10 - Oct 1

Session II: Oct 15 - Nov 5

Time: 6:00pm - 6:50pm

BERGAMO'S EMPOWER HOUR FOR WOMEN

Instructor: Barbara Leblanc

Empower Hour is your feel-good, get-strong Saturday ritual—made just for women!

Led by certified trainer Barbara LeBlanc, this energizing class blends strength training, stretching, striking, and calming meditation to help you release stress and tap into your inner power. Each session includes a dynamic warm-up, pad and bag work, and time to breathe and reset.

Come for the workout, stay for the community!

A place where women *lift each other up*, sweat it out, and leave feeling **unstoppable**.



Age: 18 +

Day: Tuesdays

Session I: Sept 2 - Sept 23

Session II: Oct 7 - Oct 28

Time: 9:30am to 10:00am

BERGAMO'S BALANCE & STABILITY

Instructor: Nathan Leblanc

Balance isn't just for athletes—it's essential for everyday life.

This class helps you build strength, improve coordination, and reconnect your brain and body for better balance and movement. You'll also learn how to fall safely and confidently, reducing your risk of injury and helping you move through life with more ease and freedom.

All sessions take place in a supportive, controlled environment designed for all fitness levels.

ADULT SPORTS



All golf sessions are held at
Chris Cote's Top Tracer Range
125 Jude Ln, Southington, CT 06489

Sharpen your skills and enjoy the game no matter the season!

The facility is state-of-the-art, covered, and heated where you can practice in comfort, rain or shine.



GOLF LESSONS - ADULT NOVICE

Instructor: Pete Stankevich

Age: 15+

All sessions are held at Chris Cote's Top Tracer Range in Southington

These are group lessons that consist of 4 one-hour sessions covering a wide variety of topics.

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.

Whether you're new to the game or looking to fine-tune your skills, these lessons provide expert instruction in a supportive environment.

Bring your own clubs or borrow ours — either way, you'll be ready to hit the course with confidence.

September

Day: Thursday

Date: Sept 4 - Sept 25

Time: 6:00pm - 7:00pm

October

Day: Wednesday

Date: Oct 8 - Oct 29

Time: 6:00pm - 7:00pm

November

Day: Monday

Date: Nov 3 - Nov 24

Time: 6:00pm - 7:00pm

December

Day: Tuesday

Date: Dec 2 - Dec 30

Time: 6:00pm - 7:00pm

GOLF LESSONS - WOMEN ONLY

Instructor: Pete Stankevich

Age: 15+

Designed for the beginner female golfer who is interested in learning the game, as well as the more experienced female golfer who is looking to take her game to the next level.

These are group lessons that consist of 4 one-hour sessions covering a wide variety of topics.

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.

Whether you're new to the game or looking to fine-tune your skills, these lessons provide expert instruction in a supportive environment.

Bring your own clubs or borrow ours — either way, you'll be ready to hit the course with confidence.

September

Day: Wednesday

Date: Sept 3 - Sept 24

Time: 6:00pm - 7:00pm

October

Day: Thursday

Date: Oct 9 - Oct 30

Time: 6:00pm - 7:00pm

November

Day: Wednesday

Date: Nov 5 - Nov 26

Time: 6:00pm - 7:00pm

December

Day: Monday

Date: Dec 1 - Dec 29

Time: 6:00pm - 7:00pm

ADULT SPORTS

Age: 30+

Days: Sun, Mon, Wed

Date: Sept 14 - May 6

Time: 6:00pm - 9:30pm

OVER 30 BASKETBALL

Hit the court any—or every—night each week for fun and competitive pickup basketball!

Enjoy an entire season of play for one affordable price. An optional reversible shirt is available for \$15—simply note it on your registration form and add the fee to your payment.

Participants must bring and change into clean sneakers, as street shoes are not permitted on gym floors.

Please note: Games may be canceled due to school events or inclement weather.

The season will not be extended, and fees will not be prorated.

Ages: 30+

Days: Tuesday & Thurs

Date: Nov 11 - April 9

Time: 8:45pm - 10:00pm

OVER 30 SOCCER

Join the fun and stay active with our lively group of adult soccer enthusiasts!

Enjoy fast-paced pickup games of indoor soccer in a friendly, social atmosphere. Participants must bring and change into clean sneakers—street shoes are not permitted on gym floors.

Please note: Games may be canceled due to school functions or inclement weather.

The season will not be extended, and fees will not be prorated.

**FOR ADDITIONAL INFORMATION
OR TO REGISTER FOR
PROGRAMS VISIT
CHESHIRECT.MYREC.COM**





YOUTH PROGRAMS



Cheshire Parks & Recreation has something for every age and energy level!

Our youth programs are packed with fun, friendship, and skill-building—all in a supportive, community-focused environment.

Whether your child loves soccer, art, movement, or team play, our programs spark creativity, build confidence, and keep kids active.



READY TO

PLAY

CREATE

GROW

Visit cheshirect.myrec.com to register or find more information!

New Program Highlight!

Join us for Pasta Making with Passionately Pasta — featuring a fun Parent & Me option!
Don't miss your chance to roll, shape, and taste delicious pasta creations together.

Check out page 7 for more information!



SAFE SITTER

Instructor: CPR Training Professionals, LLC staff

Safe Sitter® is a fun, fast-paced course designed to teach young teens essential life-saving skills so they feel confident and prepared—whether they're home alone, watching younger siblings, or babysitting. Through interactive games, role-playing, and hands-on practice with manikins, students will learn how to stay safe and act smart in a variety of real-life situations.

- Babysitting as a Business
- Child Care Essentials
- Safety for the Sitter
- Infant & Child Choking Rescue

- Behavior Management
- Injury Prevention & Management
- Infant & Child CPR

This is a 5-hour, one day course and students will have a lunch break.

Age: 11-14

Day: Saturday

Date: November 8

Time: 9:00am - 2:00pm

Location: Youth Center



YOUTH PROGRAMS



We're partnering with The Coder School to offer fun, hands-on coding classes!
Each student receives a personal coding account to access projects and practice at home.
Projects created in class can be continued from home.

★ All equipment is provided—no need to bring anything.

★ No experience needed—just bring your creativity!

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

Ages: 8.5 - 10.5 years

Day: Tuesdays

Session I: Sept 9 to Oct 14

Session II: Oct 28 to Dec 2

Time: 5:00pm -6:00pm

MINECRAFT CODING

Instructor: The Coding School Staff

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.

Ages: 9.5 - 12 years

Day: Wednesdays

Session I: Sept 10 to Oct 15

Session II: Nov 5 to Dec 12

Time: 6:00pm - 7:00pm

PYTHON CODING

Instructor: The Coding School Staff

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. Come join the fun!

Ages: 7-9 years

Day: Saturdays

Session I: Sept 13 to Oct 18

Session II: Nov 1 to Dec 13

Time: 11:00am to 12:00pm

SCRATCH CODING

Instructor: The Coding School Staff

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!

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.



YOUTH PROGRAMS



WHAT IS STEM?

STEM stands for Science, Technology, Engineering, and Mathematics.

It's a broad educational approach that integrates these four disciplines to encourage hands-on learning, critical thinking, creativity, and problem-solving—skills that are essential in today's tech-driven world.

Grades: 4-6

Day: Thursdays

Date: Nov 13 - Dec 11

Time: 3:15pm to 4:15pm

Location: Doolittle

STEM AFTERSCHOOL DOOLITTLE

Instructor: CT Stem Academy Staff

Are you interested in being in the next generation of creators and inventors? In our engineering program, students will investigate engaging hands-on weekly challenges such as creating simple machines, building structures, and much more.

Grades: 4-6

Day: Wednesdays

Date: Nov 12 - Dec 10

Time: 3:45pm to 4:45pm

Location: Highland

STEM AFTERSCHOOL HIGHLAND

Instructor: CT Stem Academy Staff

Are you interested in being in the next generation of creators and inventors? In our engineering program, students will investigate engaging hands-on weekly challenges such as creating simple machines, building structures, and much more.

Ages: 7-13

Day: Wednesdays

Date: Oct 15 - Nov 5

Time: 5:30pm - 6:30pm

Location: Youth Center

STEM: SPACE SCIENCE

Instructor: CT Stem Academy Staff

Students will be challenged with becoming scientists and engineers through NASA based investigations. Activities will be differentiated based upon age groups.

Ages: 8-12

Day: Wednesday

Date: Sept 17 - Oct 8

Time: 5:30pm - 6:30pm

Location: Youth Center

STEAM: EXPLORATIONS

Instructor: CT Stem Academy Staff

This hands-on enrichment program is designed for students interested in learning more about the structures and inventions that shape the world we live in. Students will explore new ways to build, grow and create solutions to various building challenges. Activities will be differentiated based upon age groups.



YOUTH PROGRAMS



Day: Tuesday

Dates: December 16

Time: 6:00pm - 7:00pm

Location: Sheehan HS

STEM: PLANETARIUM NIGHT

Join us for a planetarium show that will highlight Winter Constellations and a full dome movie: Season of Light. This program is presented by the Wallingford Public Schools Mahan Planetarium and Center for Innovation & Design. Families must provide their own transportation to Sheehan High School and will be checked in at the Senior Courtyard entrance.

Ages: 6 - 8

Day: Monday

Dates: Sept 22 & Sept 29

Time: 5:30pm - 6:30pm

Location: Youth Center

STEM: ROBOTICS

Instructor: CT Stem Academy Staff

This program is designed for participants who would like to continue their robotic education. This program encourages critical thinking, problem solving, and communication through the use of Ozobots and Sphero Robotics. Based upon community interest, and program success, future sessions will be added.

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.

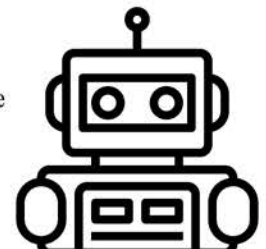
Beyond robotics, **the program provides a rich introduction to Science, Technology, Engineering and Math (STEM) principles.** Participants will explore how these disciplines intersect in the design and operation of robots as well as the value of teamwork.

\$360 Residents
\$380 Non-Residents



For more information or questions, please e-mail info@ctstemacademy.org or call the Cheshire Parks and Recreation Department at 203.272.2743.

For more information about CT STEM Academy, please visit us www.ctstemacademy.org or on Facebook @ctstem





YOUTH PROGRAMS



HALLOWEEN CUPCAKE DECORATING

AGES: 6-18

**CALLING ALL MINI MONSTERS, GOBLINS, AND CUPCAKE CONJURERS—
JOIN US FOR A WHIMSICALLY WICKED CUPCAKE DECORATING ADVENTURE!**

From ghostly ghouls to wicked witches, we'll turn cupcakes into edible Halloween masterpieces.

No experience needed—just bring your creativity!

NO TRICKS HERE—JUST TREATS!

**ALL SUPPLIES ARE INCLUDED, AND EACH PARTICIPANT WILL
LEAVE WITH SIX DECORATED CUPCAKES TO TAKE HOME.**



DATE: OCTOBER 26

TIME: 1:00PM - 3:00PM

THANKSGIVING CUPCAKE DECORATING

ADD A LITTLE SWEETNESS TO YOUR SEASON!

DECORATE FESTIVE FALL CUPCAKES INSPIRED BY CHERRY
PIES, THANKSGIVING FEASTS, AND COZY CORNUCOPIAS.

ALL SUPPLIES INCLUDED

**FREEZE YOUR CREATIONS FOR A
PERFECT THANKSGIVING DESSERT!**

AGES: 6-18



DATE: NOVEMBER 16

TIME: 1:00PM - 3:00PM

Holiday Reindeer Cake

AGES: 6-18



Whisk up cheer and frosting delight—Rudolph's cake takes flight tonight!

In this festive class students will create their own three-layer cake!
learn piping techniques and how to use edible decorations. Your child will create a stunning
cake that captures the spirit of the season.

No need to bring a thing—we'll supply every sweet little detail!

DATE: DECEMBER 14

TIME: 1:00PM - 3:00PM



YOUTH FITNESS/SPORTS



A STEP AHEAD SOCCER


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

Age: 2

Day: Saturday

Date: Sept 20 - Nov 8

Time: 10:30am - 11:15am

 Adult participation required

FIRST STEP

Instructor: A Step Ahead Soccer Staff

A fun parent-and-me soccer program for 2-year-olds!

Each week features simple stories, songs, and imaginative play focused on movement, ball fun with "Smart Scott the Soccer-bot," and parent-child bonding. Activities are tailored for short attention spans and sensory engagement!

Program Goals

- ✳ Learn to kick and control a soccer ball
- ✳ Introduce one basic soccer skill each week
- ✳ Build comfort interacting in a group setting
- ✳ Strengthen attention span through storytelling

Age: 3-4

Day: Saturday

Date: Sept 20 - Nov 8

Time: 10:30am - 11:30am

STEP UP

Instructor: A Step Ahead Soccer Staff

Get ready for more **independent**, **imaginative**, and **action-packed** fun!

In this next level of play, kids dive into story-based soccer adventures that build real skills—like dribbling, stopping the ball, and following multi-step directions—all while working as a team. Each week brings exciting new challenges to help kids grow stronger, move with more control, and gain confidence on the field. After the story, players show off what they've learned in our crowd-favorite "skills-for-stickers" celebration!

We wrap it all up with a fast-paced, non-competitive game where everyone gets a chance to shine—practicing ball control, teamwork, and scoring goals in a supportive, high-energy setting.

Age: 5

Day: Saturday

Date: Sept 20 - Nov 8

Time: 10:30am - 11:30am

NEXT STEP

Instructor: A Step Ahead Soccer Staff

Ready to level up your little player's soccer journey? Our Next Step program is made just for 5-year-olds—full of story-based play, trickier challenges, and real skill-building!

We introduce advanced skills in a supportive way, celebrating effort with our "Skill-for-Stickers" time. Kids grow through every dribble, pass, and shot—earning shiny stickers and big smiles.

Mini games feel more like **real soccer**, helping players experience teamwork, scoring, and defending. It's fast, fun, and builds confidence, coordination, and a love for the game.

Let the adventure—and learning—continue!



YOUTH FITNESS/SPORTS



All Bergamo Classes are held at
272 Sandbank Rd,
Cheshire, CT 06410

BERGAMO'S NINJA-FIT

Instructor: Nathan LeBlanc

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!

Ages: 3-5

Day: Tuesdays

Session I: Sept 9 - Sept 30

Session II: Oct 14 - Nov 4

Time: 4:30pm - 5:00pm

Ages: 6 - 12

Day: Thursdays

Session I: Sept 11 - Oct 2

Session II: Oct 16 - Nov 6

Time: 5:00pm - 5:45pm

Ages: 3-5

Day: Wednesdays

Session I: Sept 3 - Sept 24

Session II: Oct 8 - Oct 29

Time: 9:30am - 10:00am

BERGAMO'S MINDFUL MOVERS

Instructor: Barbara LeBlanc

We will explore simple yoga poses and develop basic body control through games, stories, and music. Easy relaxation techniques will be introduced. Instructor Ms. Barb is a certified children's yoga teacher and has over 30 years of experience as a teacher of young children.

Ages: 6 - 12

Day: Fridays

Session I: Sept 5 - Sept 26

Session II: Oct 10 - Oct 24

Time: 5:00pm - 5:30pm

BERGAMO'S BEGINNER YOGA

Instructor: Barbara LeBlanc

Learn basic yoga poses while developing strong bodies and minds. This class will have an emphasis on mindfulness techniques that children can use every day. Instructor Ms. Barb is a certified children's yoga teacher and has over 30 years of experience as a public school teacher.

Ages: 7 - 14

Day: Tuesdays

Session I: Sept 2 - Sept 23

Session II: Oct 7 - Oct 28

Time: 3:30pm - 4:15pm

BERGAMO'S YOUTH SPEED, AGILITY, & STRENGTH

Instructor: Nathan LeBlanc

Our Speed Agility and Strength class focuses on the building blocks that every kid needs to be a healthy athlete in a fun and challenging way. The exercises and drills we do will increase speed and strength, while also working on coordination, balance, and injury prevention. While these skills are important for athletes, it can also be useful for any child or young teen who is looking to be more active!

YOUTH FITNESS/SPORTS

Ages: 8 - 13

Day: Wednesdays

Date: Oct 1 - Dec 10

Time: 6:15pm - 7:00pm

DANCE: HIP HOP & JAZZ

Instructor: Michele Schweighoffer

Get moving and grooving while learning the basics of Hip Hop and Jazz dance!

Each class kicks off with a high-energy warmup, then dancers learn cool moves in place and across the floor. We'll end every session with a fun combo set to music—sometimes building week to week into a full routine, or mixing it up for fresh new fun! Perfect for kids who love to dance, move, and express themselves!

Ages: 2-4

Day: Wednesdays

Date: Oct 1 - Dec 10

Time: 5:30pm - 6:15pm

DANCE WITH ME: INTRO TO BALLET & TAP (ADULT AND CHILD CLASS)

Instructor: Michele Schweighoffer

In this fun intro class, little dancers explore the basics of ballet and tap alongside a parent or caregiver!

Together, you'll move, groove, and build motor skills through simple steps and playful interaction. Each pair will learn a short ballet and tap routine to share with family on the final day. A sweet start to dance and a special bonding experience!

GOLF LESSONS - JUNIORS

Instructor: Pete Stankevich

Age: 7 - 14



All sessions are held at Chris Cote's Top Tracer Range in Southington

Sharpen your skills and enjoy the game no matter the season!

The facility is state-of-the-art, covered, and heated where you can practice in comfort, rain or shine.

These are group lessons that consist of 4 one-hour sessions covering a wide variety of topics.

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.

Whether you're new to the game or looking to fine-tune your skills, these lessons provide expert instruction in a supportive environment.

Bring your own clubs or borrow ours — either way, you'll be ready to hit the course with confidence.

September

Day: Thursday

Date: Sept 4 - Sept 25

Time: 4:30pm - 5:30pm

October

Day: Wednesday

Date: Oct 8 - Oct 29

Time: 4:30pm - 5:30pm

November

Day: Monday

Date: Nov 3 - Nov 24

Time: 4:30pm - 5:30pm

December

Day: Tuesday

Date: Dec 2 - Dec 30

Time: 4:30pm - 5:30pm

YOUTH FITNESS/SPORTS

LEADERSHIP MARTIAL ARTS

Instructor: Leadership Martial Arts Staff

Dates: October 6 - November 15

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.

It is not mandatory to attend all 15 classes.

Please note, however, that the program registration fee will remain the same regardless of the number of classes attended.

Tiny Tigers (Ages: 3-4)

Day: Monday - Thursday

Time: 5:30pm - 6:30pm

Day: Saturday

Time: 10:30am - 11:00am

Little Dragons (Ages: 5-7)

Day: Monday & Wednesday

Time: 4:30pm to 5:00pm

Day: Tuesday & Thursday

Time: 5:45pm to 6:15pm

Karate Kids (Ages: 8-13)

Day: Monday & Wednesday

Time: 5:15pm to 5:45pm

Day: Tuesday & Thursday

Time: 6:30pm - 7:00pm

Day: Fridays

Date: Sept 26 - Nov 7

Age: 2

Time: 9:15am - 10:00am

Age: 3 - 4.5 years

Time: 10:15am - 11:00am



Adult Participation Required

SKYHAWKS MULTI-SPORT TOTS

Instructor: Skyhawks Sports Academy Staff

GIVE YOUR LITTLE SUPERSTAR AN AWESOME FIRST STEP INTO SPORTS WITH MULTI-SPORT TOTS!

This class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development.

SPORTS COVERED



BASEBALL



BASKETBALL



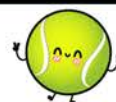
SOCCER

We focus on one sport per 45-minute class, spending two weeks on each—no combining all three at once.

Parent participation is required for ages 2 & 3.

YOUTH FITNESS/SPORTS

Tennis Director: Nan Cunningham



TENNIS - RED BALL (AGES 4-6)

What a great age to start a new sport!

Special equipment is provided to fit our smallest of players and create success at the earliest age. Smaller racquets, softer balls, and shorter courts! Our young players will learn basic strokes; forehand and backhand, serve and volley, court positioning and eye hand coordination activities that will encourage fun while learning.

Day: Tuesday
Date: Sept 2 - Sept 30
Time: 5:30pm - 6:30pm

Day: Wednesday
Date: Sept 3 - Sept 24
Time: 5:30pm - 6:30pm

Day: Thursday
Date: Sept 4 - Sept 25
Time: 5:30pm - 6:30pm

TENNIS - ORANGE BALL (AGES 7-10)

A natural progression from the Red Ball program, Orange Ball uses softer, slower and lower bouncing balls to best match the coordination and height of younger players. Players will learn basic stroke technique: forehand, backhand, serve and volley, and court positioning. Players are grouped based on ability and encouraged to progress at their own pace. With an emphasis on eye/hand coordination and skill developing drills, players enjoy learning more about the game while having fun. Fun on the court leads to players being eager to play more with family and friends!

Day: Tuesday
Date: Sept 2 - Sept 30
Time: 5:30pm - 6:30pm
OR
6:30pm - 7:30pm

Day: Wednesday
Date: Sept 3 - Sept 24
Time: 5:30pm - 6:30pm
OR
6:30pm - 7:30pm

Day: Thursday
Date: Sept 4 - Sept 25
Time: 5:30pm - 6:30pm
OR
6:30pm - 7:30pm

TENNIS - YELLOW BALL (AGES 11-18)

Yellow ball is for all skill levels; from beginner to high school experience.

Players are grouped based on ability and are encouraged to progress at their own pace. Emphasis is more individual and ranges from basic skill technique, eye/hand coordination, and movement on the court, to court coverage, offense/defense drills, game strategy, and actual competitive play. As players progress, instructors will encourage continued improvement with more specific stroke mechanics, as well as challenging players with more difficult drills and activities. Utilizing all courts, our program is able to ideally teach differing levels at the same time.

Day: Tuesday
Date: Sept 2 - Sept 30
Time: 6:30pm - 7:30pm

Day: Wednesday
Date: Sept 3 - Sept 24
Time: 6:30pm - 7:30pm

Day: Thursday
Date: Sept 4 - Sept 25
Time: 6:30pm - 7:30pm

YOUTH FITNESS/SPORTS

Day: Saturdays

Date: Sept 6 - Oct 25th

Grades: 5-6

Time: 8:30am - 10:00am

Grades: 7-8

Time: 10:15am - 12:00pm

VOLLEYBALL: GIRLS

Instructor: Charissa Zibikowski

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

Grades: 5-8

Day: Saturdays

Date: Sept 6 - Oct 25th

Time: 12:00pm - 1:30pm

VOLLEYBALL: BOYS

Instructor: Molly Michaud

Interested in a fun, fast-paced team sport? Come play boys 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. Rally your crew—we'll see you on the court!

FIND MORE DETAILS
OR SIGN UP TODAY AT
CHESHIRECT.MYREC.COM





CHESHIRE PARKS & RECREATION **BASKETBALL**

GRADES: K - 12

All Skill Levels Welcome

Get ready to dribble, shoot, and score with Cheshire's favorite winter sport! Whether you're just learning the game or already playing like a pro, our youth basketball league is all about skill-building, teamwork, and having a blast on the court

Season Runs: November – March

Registration Deadline: October 1st – Don't miss it!



THERAPEUTIC RECREATION

Ready to Register
or need more
information? Go to
cheshirect.myrec.com



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.

Ages: 14 - 22

Day: Tuesdays

Date: Sept 16 - Dec 9

Time: 2:00pm - 4:00pm

TR: AFTERNOON CLUB

Instructor: Barbara Costello/Jenn Loniki/Deb Sanford

Join the Club – Where Fun & Friendship Collide!

Looking for the perfect way to unwind after school? Come be part of the Club!—a weekly program designed for high school & transition students who love to play games, hang out, get creative, and just have fun!

Each week brings a fresh mix of games, crafts, and awesome social activities—so there's always something new to enjoy with friends.

So, are you in? Let's make memories, meet new friends, and turn ordinary afternoons into something extraordinary!

Ages: TBD

Day: Fridays

Date: Oct 3 - Nov 21

Time: 2:00pm - 4:00pm

TR: DRAWN TOGETHER

Instructor: Artsplace Instructors

Your child will explore different mediums of art to create unique projects they will feel proud of. This is the perfect activity for those who enjoy being creative, social skills are a challenge, fill their free time with meaningful experiences. These carefully designed activities will allow kids to build confidence, decision making, fine motor skills, socialize, and group etiquette. Projects will be presented to match the skills of the artists.

THERAPEUTIC RECREATION

Ages: 12+

Day: Thursdays

Date: Nov 6 - Dec 4

Time: 4:30pm - 5:30pm

TR: HAND BELLS



Instructor: Barbara Costello

Get into the spirit by learning a few festive tunes with our volunteer-led bell choir!

Each participant gets a bell and rings their note when prompted—no musical experience needed. We'll perform together at local events and spread some holiday cheer!

Ages: 5 - 10

Day: Thursday

Date: Sept 18 - Oct 23

Time: 4:30pm - 5:15pm

TR: GOAL GETTERS SOCCER



Ready to lace up and give soccer a try?

Through exciting games and drills, participants will learn fundamental footwork and essential skills—all in a relaxed, welcoming environment. No cleats or shin guards are required, just bring your enthusiasm.

From dribbling to passing, and maybe even a goal or two, this session is designed to build confidence, coordination, and a love for the sport.

So, come kick it with us and discover the joy of soccer—one step at a time!

Ages: 7+

Day: Wednesdays

Date: Sept 17 - Dec 10

Time: 4:30pm - 5:15pm

TR: WALKING CLUB

Instructor: Barbara Costello

NEED TO MOVE MORE?

Join our easygoing 1.5–2 mile “walk and talk” group!

It's a fun, stress-free way to stay active, connect with others, and enjoy the outdoors.

Did you know? Walking outdoors is a natural way to reduce stress and reduces mental fatigue.

Don't miss out and join the fun!



THERAPEUTIC RECREATION

 TR: FRIDAY NIGHT SHENANIGANS  <p>Instructors: Kathleen Moran & Emily Clark</p> <p>Ages: 14 - 35</p>	
<p>Date: September 12</p> <p>Time: 6:00pm - 7:00pm</p>	<p>BOWLING</p> <p>Let's get the ball rolling for a competitive (not really) night of bowling with our fun group of kids. We'll get bumpers and have a great time cheering on our friends.</p>
<p>Date: September 21</p> <p>Time: 5:45pm - 7:15pm</p>	<p>TOWN CONCERT</p> <p>Who says we have to stick to Fridays for our shenanigans? Nothing says cool like going to an outdoor concert! Hang out with friends and listen to live music under the open sky. Join the Cheshire Community as we celebrate the last concert in the 2025 Bartlem Beats Concert Series!</p>
<p>Date: October 3</p> <p>Time: 6:00pm - 7:30pm</p>	<p>TIK TOK & PIZZA NIGHT</p> <p>We'll work together to make a great TikTok to show off our creative, young energy. We'll look at some others for inspiration and enjoy some pizza. Then we'll have a lot of fun as we try it ourselves. Hopefully we go viral!</p>
<p>Date: December 12</p> <p>Time: 6:00pm - 7:30pm</p>	<p>GIFT SWAP & COOKIE MAKING</p> <p>Bring a wrapped gift to this cookie making party and we'll have a fun gift exchange. There are sure to be lots of laughs in the process of the exchange because of the creative way we'll swap. Participants will also make a quick batch of cookies and hot chocolate to cap off the evening. If time permits after the cookies and gift swap we'll even get to play a holiday themed game!</p>
<p>Date: December 19</p> <p>Time: 6:00pm - 7:30pm</p>	<p>HOLIDAY CAROLING</p> <p>Share your holiday cheer as we go house to house caroling down a quiet street in town. All participants should dress for the weather and the season and bring their holiday cheer. We'll also share some warm drinks and great conversation as we walk from house to house. Don't worry, the neighbors will all be told to expect us!</p>

POLICIES & PROCEDURES

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 made by Cheshire Parks and Recreation

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.

POLICIES & PROCEDURES

Non-Residents

Registrations for non- residents will be accepted with a fee.

The non-resident fee is typically \$20 per program but some programming it may be less.

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)

Photo Policy

During Town Activities, pictures and/or videos may be taken by staff and these may be used for future promotions; to revoke authorization to use pictures and/or videos email recreation@cheshirect.gov and include the participant's name and the Activity name.

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.

TO REGISTER FOR
PROGRAMS



SCAN HERE

Looking for other Departments?

ArtsPlace	(203) 272 - 2787
Pool	(203) 271 - 3208
Town Hall	(203) 271 - 6600
Yellow House	(203) 271- 2769

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.gov

