



Recreation & Therapeutic

PROGRAM GUIDE
SPRING/SUMMER 2026



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@chshirect.gov

 chshirect.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

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

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

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

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

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

Phone: (203) 272 -2743

e-mail: recreation@cheshirect.gov



Table of Contents

EVENTS	4-5
YOUTH CAMPS	6-11
YOUTH PROGRAMS	12-24
CODING & STEM	14-17
YOUTH SPORTS/FITNESS	18-24
THERAPEUTIC RECREATION	25-26
ADULT PROGRAMS	27-33
POLICIES & PROCEDURES	34-35

Your roadmap
to fun, fitness,
and community
awaits!



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

UNDERWATER EASTER EGG HUNT

March 21
1:00pm - 3:00pm
Cheshire Community Pool
\$4/person

Registration Required: Choose a 15-minute egg hunt time slot and stay to enjoy open swim for the full two-hour event.



Lions Club Easter Egg Hunt

March 28
12:00pm
Cheshire Park



Annual FISHING DERBY

Join us for the annual Steve Horvath Memorial Fishing Derby!

Free event but, pre-registration is encouraged.

Check in from 5:15pm - 5:30pm

Prizes will be awarded for the largest fish in 3 age categories. Everyone must supply their own fishing rods, buckets, bait, etc.

April 7
5:30pm - 6:30pm
Mixville Park

Ages: 6-16



Mixville Muck Run



April 8
11:00am - 11:30am

Ages: 2+

Pre-registration Required Early Bird Rate \$7/person Cheshire Resident
\$12/person Non-Resident



Touch a Truck

April 9
10:00am - 12:00pm

Don't miss this FREE, fun-filled event!

Trucks and vehicles from Town departments and local businesses will be on display at Bartlem Park.

Kids will have the chance to get up close, explore, and even sit in the driver's seat!



CHALK IT UP

April 10
12:30pm - 2:30pm
Bartlem Park

Lets decorate the Bartlem Park sidewalk!
CHALK IT UP
We will have music and local artists to advise in the process!

Free Event
Pre-registration required



For additional information or to register for an event visit: cheshirect.myrec.com



Ages: 4 -12 years

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

Available Options

- Full Day
- Half Day
- Before Care
- 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, the John G. Martin Foundation Outdoor Education Center, and weekly visits to the Cheshire Community Pool.



	Date	Theme	Presenter
A	June 15-18	Sports	Laser Tag on the Go
B	June 22-26	Superhero	Jason Tardy Productions
C	June 29-July 3	USA/Patriotic	Cheshire PD/FD
D	July 6-10	Safari	Riverside Reptiles
E	July 13-17	Fantasy	Magic Memories: Magic Show
F	July 20-24	Out to Sea	Foam Cannon
G	July 27-31	Survivor	TBD
H	August 3-7	Olympic	Laser Tag on the Go
I	August 10-14	Space	TBD
New Dates to help Cheshire Families with extra long summer! See extended Summer Extravaganza on page 9 for more information			
J	August 17-21	TBD	TBD
K	August 24-28	TBD	TBD

For more information and to register please go to cheshirect.myrec.com

THERAPEUTIC RECREATION SUMMER CAMP

A welcoming summer camp experience designed for children and teens with diverse abilities!



Ages: 6-22

Monday - Friday
12:00pm - 3:30pm

Bartlem Park

Our camp provides a safe, supportive environment where every camper can thrive.

With a smaller camper-to-staff ratio and increased staff support compared to traditional camps, we're able to give each child the attention they deserve.

Our program is thoughtfully designed to build social skills, encourage positive leisure experiences, and foster independence — all while having fun! Campers enjoy daily swimming, simple crafts, board games, engaging camp activities, music, songs, and so much more!

It's summer fun in a setting where everyone belongs.

	Date
A	June 15-18
B	June 22-26
C	June 29-July 3
D	July 6-10
E	July 13-17
F	July 20-24
G	July 27-31
H	August 3-7
K	August 24-28



PLEASE NOTE: Campers must have no unsafe behaviors such as flight risk, aggression or inability to follow direction. They must also be able to toilet, dress and feed themselves.



For more information and to register please go to cheshirect.myrec.com

YOUTH CAMPS SUMMER 2026



Discover the perfect camp for your child this summer!
Our 2026 Youth Summer Camps offer fun, enriching experiences that keep kids active, engaged, and smiling all season long.

ART INNOVATORS- SUMMER CAMP (HALF DAY)

Instructor: Spark Business Academy Staff



This hands-on program is great way to introduce future artists to art and innovation!
Students draw self-portraits, mold sculptures and create captivating collages—cultivating essential creativity and risk-taking skills.
As students explore the world of art, from da Vinci to Kahlo, they'll show their creativity and grow their confidence by sharing their work with others!
"Art Innovators" empowers the next generation to envision, create and inspire through the transformative power of art!

Grades	Day	Dates	Time	Fee
K-3	Monday - Friday	August 10 th - August 14 th	9:00am - 12:00pm	Resident: \$195 Non-Resident: \$215

AMUSEMENT PARK PHYSICS - PM ONLY

Instructor: CT STEM Academy Staff



From roller coasters to Ferris wheels, campers will design amusement park rides using common materials and K'NEX.
Participants will assemble different rides such as rollercoasters, Ferris wheel, ziplines and more.

Age	Day	Dates	Time	Fee
8-14	Monday - Thursday	August 3 rd - August 6 th	1:00pm - 3:30pm	Resident: \$155 Non-Resident: \$175

BASEBALL CAMP

Instructor: Alex LeFevre

Emphasis on teaching the core skills of infield, outfield, pitching, catching, throwing, and hitting. Instructional games will reinforce skills taught during the week.
Campers will be grouped by age and skill level to ensure individual attention and development.
The Cheshire High School baseball coaching staff and players will create a fun, engaging environment to learn the game.
Participants receive Ram-branded items and a drill packet from the coaches. Proceeds benefit the CHS Baseball teams.

Age	Day	Dates	Time	Fee
5-15	Monday - Thursday	June 22 nd - June 25 th	9:00am - 12:00pm	Resident: \$185 Non-Resident: \$205

BASKETBALL - SUMMER CAMP

Instructor: Dan Lee

Campers will be provided with basic skills and knowledge of basketball.
This will enable them to develop a sound basketball foundation which they can successfully build upon in years to come.
Directed by Dan Lee! Coach Lee has just completed his sixteenth year as Cheshire High's Head Boys Basketball Coach.

Age	Day	Dates	Time	Fee
8 - 13	Monday - Thursday	June 15 th - June 18 th	8:30am - 11:30am	Resident: \$185 Non-Resident: \$205

YOUTH CAMPS SUMMER 2026

EXTENDED SUMMER EXTRAVAGANZA

Instructor: Cheshire Parks & Recreation Staff

Our one-stop bonus camp for ages 4 - 12 was created to meet the needs generated by Cheshire's extra long summer in 2026. It will feature drop off and pick up at the Harmon Leonard, Jr. Youth Center. Campers will utilize the indoor spaces as well as walking to Bartem Park and the Community Pool each day, weather permitting. Campers will get to experience a variety of games, activities, sports and crafts.

Age	Day	Dates	Time	Fee
4-12	Monday - Friday	Bonus Week 1: August 17 th - August 21 st	8:45am - 3:45pm	Resident: \$235 Non-Resident: \$255
		Bonus Week 2: August 24 th - August 28 th		

FIELD HOCKEY SUMMER CAMP

Instructor: Alana Pulling & Alyssa Stevens

Directed by Alana Pulling and Alyssa Stevens, co-head coaches of the Cheshire High School Field Hockey Team.

In addition to Pulling & Stevens, coaches will include current CHS field hockey players as well as recent graduates playing at various universities. Staff will focus on establishing strong fundamental skills in the campers so that they can apply these skills to game situations. In addition, players will be taught the newest developments in the sport of field hockey. Each day will include individual skills, team drills & skills and game situations.

Age	Day	Dates	Time	Fee
7-12	Monday - Thursday	June 22 nd - June 25 th	9:00am - 11:00am	Resident: \$150 Non-Resident: \$170
10-15	Monday - Thursday	June 22 nd - June 25 th	9:00am - 12:00pm	Resident: \$185 Non-Resident: \$205

GIRL POWERED STEAM CAMP (HALF DAY) - CT STEM

Instructor: CT STEM Academy Staff



This summer program will allow girls to join other like-minded girls to explore engineering in a fun and informal environment.

We engage girls in a balance of hands-on Engineering activities, along with social skills and collaboration skills.

Girls will work to build, test, and improve their very own creations, which encourage fun learning experiences for all.

Undoubtedly, this summer program will equip girls with STEAM skills they will use for a lifetime.

Age	Day	Dates	Time	Fee
8-14	Monday - Thursday	June 29 th - July 2 nd	9:00am - 12:00pm	Resident: \$165 Non-Resident: \$185

GOLF CAMP - SKYHAWKS

Instructor: Skyhawks Staff

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!

Age	Day	Dates	Time	Fee
5-9	Monday - Friday	August 10 th - August 14 th	9:00am - 12:00pm	Resident: \$170 Non-Resident: \$190

YOUTH CAMPS SUMMER 2026

MINI-HAWK CAMP - SKYHAWKS

Instructor: Skyhawks Staff

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!

Age	Day	Dates	Time	Fee
5-7	Monday - Friday	July 27 th - July 31 st	9:30am - 12:30pm	Resident: \$170 Non-Resident: \$190

MY FIRST LEMONADE STAND - SUMMER CAMP (HALF DAY)

Instructor: Spark Business Academy Staff



Learn how to make sweet and tangy lemonade – and make money by selling it! Experiment with recipes, design flyers, learn how to count money, make change and tally your profits. Then, in a showcase finale event, launch your lemonade stand and sell, sell, sell, and raise funds for a charity students select!

Grades	Day	Dates	Time	Fee
K-3	Monday - Thursday	June 15 th - June 18 th	9:00am - 12:00pm	Resident: \$165 Non-Resident: \$185

NASA ASTRO CAMP - CT STEM

Instructor: CT STEM Academy Staff



Are you ready to explore the universe? Join us for NASA Astro Camp, where young explorers will dive into the exciting world of space science! Throughout this camp, students will embark on an out-of-this-world adventure, learning about everything from the wonders of our planet to the mysteries of the cosmos. Hands-on activities, experiments, and fun projects will help students grasp complex scientific concepts while engaging their creativity and curiosity. They'll leave with a deeper understanding of the universe, along with cool knowledge and projects to share!

Age	Day	Dates	Time	Fee
6-14	Monday - Thursday	July 27 th - July 30 th	Half Day 9:00am - 11:30am	Resident: \$165 Non-Resident: \$185
8-14	Monday - Thursday	July 27 th - July 30 th	Full Day 9:00am - 3:00pm	Resident: \$295 Non-Resident: \$315

ROCKETRY CAMP - CT STEM

Instructor: CT STEM Academy Staff



Do you love learning how rockets and flight work? Then come check out this camp—it's not rocket science! Campers will explore the mechanics of rockets and flight through hands-on lessons, experiments, and drone-flying experiences. Participants will build four different rockets and learn ways to improve their performance. Try this camp, you'll have a blast!

Age	Day	Dates	Time	Fee
9-14	Monday - Thursday	August 17 th - August 20 th	1:00pm - 3:00pm	Resident: \$165 Non-Resident: \$185

YOUTH CAMPS SUMMER 2026

RUBE GOLDBERG MACHINE INVENTIONS - PM ONLY				
Instructor: CT STEM Academy Staff				
<p>Who knew that physics could be so fun? Hone your designing, building, and teamwork skills with these exciting motion and physics related Rube Goldberg related challenges with Legos, K'NEX, car building, Sphero Robotics and more.</p>				
Age	Day	Dates	Time	Fee
8-14	Monday - Thursday	August 10 th - August 13 th	1:00pm - 3:30pm	Resident: \$155 Non-Resident: \$175

STARBASE CAMP - CT STEM				
Instructor: CT STEM Academy Staff				
<p>STARBASE CT is a full-day, off-site STEM academy funded by the Department of Defense in partnership with the CT National Guard. Participants will travel by bus with CT STEM Academy staff from Cheshire Parks & Recreation to STARBASE CT in Windsor Locks. Students will engage in hands-on STEM activities, including chemistry and physics experiments, data analysis, CAD software, and 3D printing. A signed STARBASE CT permission slip is required and will be distributed in early June.</p>				
Age	Day	Dates	Time	Fee
10-14	Monday - Friday	June 22 nd - June 26 th	8:30am - 3:00pm	Resident: \$250 Non-Resident: \$270

STEAM EXPLORATIONS - CT STEM																
Instructor: CT STEM Academy Staff																
<p>Join us for an exciting summer adventure filled with hands-on learning and creativity! In our STEAM Explorations program, students will dive into the world of Science, Technology, Engineering, Art, and Math (STEAM) through fun and engaging daily activities such as; Rollercoasters, Chemistry, Rocketry, Robotics, Engineering Challenges, Art, Space, Computer Science and more. Each day will include maker style activities and literature connected STEAM activities. Each session will include new activities. Activities will not be repeated in STEAM Exploration sessions. Ages 6 and 7 Half Day Only.</p>																
Age	Day	Dates	Time	Fee												
6-14	Monday - Thursday	Session I - June 8 th - 11 th Session II - July 6 th - 9 th Session III - July 13 th - 16 th	<table border="0"> <tr> <td><u>Full Day</u></td> <td><u>Half Day:</u></td> </tr> <tr> <td>9:00am - 3:00pm</td> <td>9:00am - 11:30am</td> </tr> <tr> <td>(ages 8-14 only)</td> <td>(ages 6-14)</td> </tr> </table>	<u>Full Day</u>	<u>Half Day:</u>	9:00am - 3:00pm	9:00am - 11:30am	(ages 8-14 only)	(ages 6-14)	<table border="0"> <tr> <td><u>Full Day</u></td> <td><u>Half Day</u></td> </tr> <tr> <td>Resident: \$295</td> <td>Resident: \$165</td> </tr> <tr> <td>Non-Resident: \$315</td> <td>Non-Resident: \$185</td> </tr> </table>	<u>Full Day</u>	<u>Half Day</u>	Resident: \$295	Resident: \$165	Non-Resident: \$315	Non-Resident: \$185
<u>Full Day</u>	<u>Half Day:</u>															
9:00am - 3:00pm	9:00am - 11:30am															
(ages 8-14 only)	(ages 6-14)															
<u>Full Day</u>	<u>Half Day</u>															
Resident: \$295	Resident: \$165															
Non-Resident: \$315	Non-Resident: \$185															

VIDEO GAME DESIGN FOR AGES 9-14 (HALF DAY) - CT STEM				
Instructor: CT STEM Academy Staff				
<p>In this class, students will explore the wonderful world of video game design. Students will learn key concepts of coding by using Scratch block coding platform to create their own video games.</p>				
Age	Day	Dates	Time	Fee
9-14	Monday - Thursday	August 31 st - September 4 th	9:00am - 11:30am	Resident: \$165 Non-Resident: \$185

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!

DANCE WITH ME: INTRO TO BALLET & TAP (Adult & Child Class)

Instructor: Michele Schweighoffer



Parent participation is required

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!

Age	Day	Dates	Time	Fee
2-4	Wednesdays	April 15 th - June 10 th	5:30pm -6:15pm	Resident: \$90 Non-Resident: \$110

DANCE: INTRO TO HIP-HOP FOR PRE-TEENS

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!

Age	Day	Dates	Time	Fee
8-13	Wednesdays	April 15 th - June 10 th	6:15pm - 7:00pm	Resident: \$90 Non-Resident: \$110

ESPORTS MINECRAFT BUILDERS

Instructor: Affinity Esports Staff



Minecraft Builders focuses on teamwork, creativity, and guided challenges that help students improve communication and digital building skills. Each session includes structured projects and collaborative activities.



Age	Day	Dates	Time	Fee
7-17	Tuesdays	May 5 th - June 2 nd	5:00pm - 6:30pm	Resident: \$160 Non-Resident: \$180

YOUTH PROGRAMS

HOW TO WRITE A SUCCESSFUL COLLEGE ADMISSIONS ESSAYS

Instructor: Ms. DeMeo

Starting the college essay can be stressful - but with the right support, it can be an opportunity for rewarding self-reflection. This summer, Ms. DeMeo, a CHS English teacher, will offer an enrichment workshop that is a great way for rising Juniors and Seniors to jumpstart their college essay writing process, get advice on completing their applications, learn techniques on how to approach this essay and get feedback on two drafts.

Students MUST attend **all three days** of the session they sign up for; there is no mixing/matching.



Grades	Day	Dates	Time	Fee
11-12	Tuesday - Thursday	June 16 th - June 18 th	Choose a time slot. This will be your set class time each day and cannot be changed. 12:00pm - 1:30pm 1:30pm - 3:00pm 3:00pm - 4:30pm	Resident: \$165 Non-Resident: \$185
		June 23 rd - June 25 th		
		June 30 th - July 2 nd		
		July 7 th - July 9 th		
		July 14 th - July 16 th		
		July 21 st - July 23 rd		

FRENCH WORKSHOP: BONJOUR BASICS

Instructor: Madame S. French Tutor

A dynamic 60-minute introduction to French designed to get teens speaking from the very first moments. Through interactive games, quick conversation challenges, and fun culture bites, students learn essential phrases and build real confidence in a relaxed, supportive atmosphere. Perfect for total beginners or any teen curious about French before travel, school, or future opportunities — no stress, just progress, culture, and connection.

Age	Day	Dates	Time	Fee
11-17	Saturday	April 25 th	11:00am - 12:00pm	Resident: \$25 Non-Resident: \$30

SAFE SITTER BABYSITTER TRAINING

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	Behavior Management
Child Care Essentials	Injury Prevention & Management
Safety for the Sitter	Infant & Child CPR
Infant & Child Choking Rescue	

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

Ages	Day	Dates	Time	Fee
11-14	Saturday	May 16 th	9:00am - 2:00pm	Resident: \$150 Non-Resident: \$160
11-14	Saturday	July 18 th	9:00am - 2:00pm	Resident: \$150 Non-Resident: \$160

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.

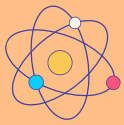
★ No experience needed—just bring your creativity!

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

SCRATCH CODING				
Instructor: The Coding School Instructors				
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	Day	Dates	Time	Fee
7-9	Saturdays	Spring: May 9 th - June 13 th	11:00am - 12:00pm	Resident: \$145 Non-Resident: \$165
	Saturdays	Summer I: June 27 th - July 25 th Summer II: August 1 st - August 29 th	11:00am - 12:00pm	Resident: \$175 Non-Resident: \$195

MINECRAFT CODING				
Instructor: The Coding School Instructors				
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	Day	Dates	Time	Fee
8.5 - 10	Fridays	Spring: May 8 th - June 12 th	5:00pm - 6:00pm	Resident: \$145 Non-Resident: \$165
	Fridays	Summer I: June 26 th - July 24 th Summer II: July 31 st - August 28 th	5:00pm - 6:00pm	Resident: \$175 Non-Resident: \$195

PYTHON CODDING				
Instructor: The Coding School Instructors				
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	Day	Dates	Time	Fee
10-13	Wednesdays	Spring: May 6 th - June 10 th	6:00pm 7:00pm	Resident: \$145 Non-Resident: \$165
	Wednesdays	Summer I: June 24 th - July 22 nd Summer II: July 29 th - August 26 th	6:00pm - 7:00pm	Resident: \$175 Non-Resident: \$195



YOUTH PROGRAMS



WHAT IS STEM?

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

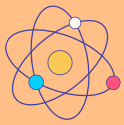
It's a broad educational approach that integrates these four disciplines to encourage hands-on learning, critical thinking, creativity, and problem-solving—skills that are essential in today's tech-driven world.

CHAPMAN AFTER SCHOOL STEAM -ENGINEERING				
Instructor: CT STEM Academy Staff				
Students will be challenged to become scientists and engineers through the Boston Museum of Science Engineering Is Elementary based investigations. Activities will be differentiated based upon age groups with thematic literature, science and mathematics activities. *Participants must attend Chapman School*				
Grades	Day	Dates	Time	Fee
4-6	Thursdays	April 16 th - May 7 th	2:45pm - 3:45pm	Resident: \$80 Non-Resident: \$100
2-3	Thursdays	April 16 th - May 7 th	2:45pm - 3:45pm	Resident: \$80 Non-Resident: \$100

HIGHLAND AFTER SCHOOL - ROBOTICS				
Instructor: CT STEM Academy Staff				
Are you interested in being in the next generation of creators and inventors? In our program, students will investigate engaging hands-on weekly challenges such as creating simple machines, building structures, and much more. New topics will be introduced for the 25-26 school year. *Participants must attend Highland School*				
Grades	Day	Dates	Time	Fee
4-6	Wednesdays	May 6 th - May 20 th	3:45pm - 4:45pm	Resident: \$60 Non-Resident: \$80

FLIGHT & ROCKETRY				
Instructor: CT STEM Academy Staff				
Are you ready to explore the science of flight and rocketry? Students will build and launch their own rockets, learn the principles of aerodynamics, and discover how forces like thrust and gravity affect flight.				
Ages	Day	Dates	Time	Fee
8-14	Wednesday	September 2 nd	1:00pm - 3:30pm	Resident: \$50 Non-Resident: \$60

FAMILY ROBOTICS NIGHT				
Instructor: CT STEM Academy Staff				
Join us for a fun hands-on evening of coding with robotics. This event is family oriented - all children must be chaperoned by a parent.] All school age participants must be accompanied by an adult				
Age	Day	Dates	Time	Fee
6-14	Monday	May 4 th	6:00pm - 7:00pm	Free Event!



YOUTH PROGRAMS



RACECAR MAKE & TAKE

Instructor: CT STEM Academy Staff

Participants will plan and design a vehicle using household materials.
Participants will test, and revise, their ideas to create the most challenging, and fastest, car as possible.



Age	Day	Dates	Time	Fee
8-14	Thursday	July 2 nd	1:00pm - 3:30pm	Resident: \$50 Non-Resident: \$60

ROLLERCOASTER EXPLORATIONS - MAKE & TAKE

Instructor: CT STEM Academy Staff



Participants will plan and design a roller coaster using household materials.
Participants will test, and revise, their ideas to create the most challenging, and fastest, roller coaster possible.



Age	Day	Dates	Time	Fee
8-14	Monday	August 31 st	1:00pm - 3:30pm	Resident: \$50 Non-Resident: \$60

STEAM FOR AGES 5-7

Instructor: CT STEM Academy Staff

In this hands-on program, 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!

Age	Day	Dates	Time	Fee
5-7	Wednesdays	May 13 th - May 27 th	6:00pm - 7:00pm	Resident: \$65 Non-Resident: \$85

TECHNOLOGY & ENGINEERING EXPLORATIONS

Instructor: CT STEM Academy Staff

Do you like to explore science, solve problems and use technology?
This program will feature explorations with our Sphero Coding Robots and Ozobot Coding Robots.
All participants will code their robots to travel through cardboard creations such as mazes, race tracks and more.

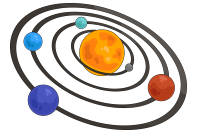
Age	Day	Dates	Time	Fee
8-14	Tuesday	September 1 st	1:00pm - 3:30pm	Resident: \$50 Non-Resident: \$60

YOUTH PROGRAMS

PLANETARIUM NIGHT AT MAHAN PLANETARIUM

Instructor: CT STEM Academy Staff

CELEBRATE EARTH WEEK BY JOINING US FOR A HIGH-DEFINITION PLANETARIUM SHOW!



The highlight of the show will feature our earth and a full dome movie Habitat Earth.
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.

Families will be checked in at the Senior Courtyard entrance.

All school age participants must be chaperoned by an adult.

Each person should register individually.

Age	Day	Dates	Time	Fee
Family Event (4+)	Tuesday	April 21 st	6:00pm - 7:00pm	Resident: \$15 Non-Resident: \$20



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

YOUTH FITNESS/SPORTS



A STEP AHEAD SOCCER

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

FIRST STEP

Instructor: A Step Ahead Soccer Staff



Parent participation is required



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. Gentle introductions using simple stories, songs, and imaginative play. Focus on parent-child interaction, exploring movement, becoming comfortable with the ball (our friend "Smart Scott the Soccer-bot")! and following simple story cues. Adventures are adapted for short attention spans and maximum sensory fun.

Age	Day	Dates	Time	Fee
2	Saturdays	April 18 th - June 6 th	10:00am - 11:15am	Resident: \$185 Non-Resident: \$205

STEP UP

Instructor: A Step Ahead Soccer Staff

We encourage children ages 3 and 4 to engage more independently in slightly more complex adventures. The storylines encourage basic dribbling ("navigating a path"), stopping the ball ("avoiding obstacles"), and listening to multi-step instructions within the narrative. Emphasis on cooperation and understanding roles within the story.

Age	Day	Dates	Time	Fee
3-4	Saturdays	April 18 th - June 6 th	10:30am - 11:30am	Resident: \$210 Non-Resident: \$230

NEXT STEP

Instructor: A Step Ahead Soccer Staff

We encourage children ages 3 and 4 to engage more independently in slightly more complex adventures. The storylines encourage basic dribbling ("navigating a path"), stopping the ball ("avoiding obstacles"), and listening to multi-step instructions within the narrative. Emphasis on cooperation and understanding roles within the story.

Age	Day	Dates	Time	Fee
5	Saturdays	April 18 th - June 6 th	10:30am - 11:30am	Resident: \$210 Non-Resident: \$230

YOUTH FITNESS/SPORTS

BASEBALL SPRING CLINIC

Instructor: Alex LaFave

This Baseball Clinic is for players in grades K through 8.



Our attendees will love the energy and positive feedback as we drill them on hitting, throwing, baserunning, pitching, and more!

The clinic will be run by the Cheshire High School baseball coaching staff and players.

Come join the CHS baseball team on the CHS Baseball Field baseball and fun!

Proceeds will benefit the CHS Baseball teams.

Grades	Day	Dates	Time	Fee
K-8	Saturday	April 11 th	2:00pm - 4:00pm	Resident: \$50 Non-Resident: \$60

BERGAMO'S NINJA-FIT

Instructor: BPT Staff

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

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	Day	Time	Fee
3-5	Tuesdays or Thursdays	4:30pm - 5:00pm	Resident: \$125 Non-Resident: \$145

Dates

Spring I Tuesdays April 7 th - April 28 th Thursdays April 9 th - April 30 th	Spring II Tuesdays May 5 th - May 26 th Thursdays May 7 th - May 28 th	Spring III Tuesdays June 2 nd - June 23 rd Thursdays June 4 th - June 25 th	Summer I Tuesdays July 7 th - July 28 th Thursdays July 9 th - July 30 th	Summer II Tuesdays August 4 th - August 25 th Thursdays August 6 th - August 27 th
--	---	--	--	---

Age	Day	Time	Fee
6-12	Tuesdays or Thursdays	5:00pm - 5:45pm	Resident: \$135 Non-Resident: \$155

Dates

Spring I Tuesdays April 7 th - April 28 th Thursdays April 9 th - April 30 th	Spring II Tuesdays May 5 th - May 26 th Thursdays May 7 th - May 28 th	Spring III Tuesdays June 2 nd - June 23 rd Thursdays June 4 th - June 25 th	Summer I Tuesdays July 7 th - July 28 th Thursdays July 9 th - July 30 th	Summer II Tuesdays August 4 th - August 25 th Thursdays August 6 th - August 27 th
--	---	--	--	---

YOUTH FITNESS/SPORTS

BERGAMO'S SPEED, STRENGTH, AND AGILITY

Instructor: BPT Staff

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

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, in can also be useful for any child or young teen who is looking to be more active!

Age	Day	Time	Fee	
7-14	Tuesdays	3:30pm - 4:15pm	Resident: \$145 Non-Resident: \$165	
Dates				
Spring I April 7 th - April 21 st	Spring II May 5 th - May 26 th	Spring III June 9 th - June 30 th	Summer I July 7 th - July 28 th	Summer II August 4 th - August 25 th

Bergamo's Beginner Yoga for Kids

Instructor: Barbara LeBlanc

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



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



Age	Day	Time	Fee
6-12	Fridays	5:00pm - 5:30pm	Resident: \$125 Non-Resident: \$145
Dates			
Spring I April 10 th - May 1 st	Spring II June 5 th - June 26 th	Summer I July 10 th - July 31 st	Summer II August 7 th - August 28 th

DISC GOLF CLINIC

Instructor: Chris Scofield



Learn the absolute basics of Disc Golf including how to grip a disc, proper stance, how to putt and how to throw for distance. Lessons will be held at the Honeygot Disc Golf Course located within Cheshire Park!

About the instructor: Chris Scofield is a professional disc golf coach with more than 20 years of experience in the sport. He is the 2015 Park City Open Champion and the 2019 Cranbury Classic Champion and owner of CS Disc Golf Lessons.

Age	Dates	Time	Fee
10-18	April 19 th or May 17 th	10:30am - 11:30am	Resident: \$75 Non-Resident: \$80

YOUTH FITNESS/SPORTS

JUNIORS GOLF

Instructor: Pete Stankevich

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

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

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.



Age		Fee	
7-14		Resident: \$195 Non-Resident: \$215	
May	June	July	August
Day: Tuesdays Date: May 5 th - June 2 nd Time: 4:30-5:30pm	Day: Mondays Date: June 8 th - June 29 th Time: 4:30-5:30pm	Day: Wednesdays Date: July 8 th - July 29 th Time: 4:30-5:30pm	Day: Mondays Date: August 3 rd - August 24 th Time: 4:30-5:30pm

PICKLEBALL BEGINNER CLINIC

Instructor: Ken Henderson

Juniors (players ages 10-17 yrs) will be taught the fundamental shots of pickleball such as dink & drive shots, volleys & serve/return. We will also teach them how to play a doubles game going over scoring proper positioning & moving in unison with your partner.



Age	Dates	Time	Fee
10-17	April 11 th or June 13 th	3:30pm - 4:30pm	Resident: \$35 Non-Resident: \$40

JUNIORS PICKLEBALL

Instructor: Ken Henderson



Youths who are new to Pickleball or who have played only a short period of time.

Children will learn the fundamental Shots & Strokes of game such as: Dink & Drive Shots, Volleys as well as Serve & Return.

Furthermore, Juniors will play fun doubles games as we explain the rules & scoring of game to them.

Age	Day	Time	Fee
10-17	Fridays	4:15pm - 5:15pm	Resident: \$145 Non-Resident: \$165
Dates			
Spring I April 10 th - May 8 th	Spring II May 22 nd - June 26 th	Summer I July 10 th - August 14 th	Summer II August 28 th - September 25 th

YOUTH FITNESS/SPORTS

MULTI-SPORT TOTS

Instructor: Skyhawks Staff

 Parent participation is required

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.

Age	Day	Dates	Time	Fee
2	Friday	April 17 th - May 22 nd	9:15am - 10:00am	Resident: \$115 Non-Resident: \$135
3-4.5	Friday	April 17 th - May 22 nd	10:15am - 11:00am	Resident: \$115 Non-Resident: \$135
3-4	Monday - Friday	July 27 th - July 31 st	8:30am - 9:15am	Resident: \$99 Non-Resident: \$119

SKATEBOARD LESSONS

Instructor: Next Generation Skateboarding LLC staff

NEW!

Next Generation Skateboarding provides an inviting environment that welcomes everyone no matter what age or level. We strive to create a constructive outlet for our youth by providing them with the opportunity to learn new and master skills in an inclusive environment to promote healthy lifestyles, inclusion, creativity as well as many other lifelong skills promoting kindness and encouragement for not only ourselves but our peers as well.



Age	Day	Dates	Time	Fee
3-18	Tuesdays	April 14 th - June 2 nd	4:00pm - 6:00pm	Resident: \$400 Non-Resident: \$420
	Saturdays	April 18 th - June 6 th	10:00am - 12:00pm	

SKATEBOARDING LESSONS

Instructor: Next Generation Skateboarding LLC Staff

NEW!

Next Generation Skateboarding provides an inviting environment that welcomes everyone no matter what age or level. We strive to create a constructive outlet for our youth by providing them with the opportunity to learn new and master skills in an inclusive environment to promote healthy lifestyles, inclusion, creativity as well as many other lifelong skills promoting kindness and encouragement for not only ourselves but our peers as well.

Age	Day	Time	Fee
3-18	Monday - Thursdays (If rains makeup on Friday)	9:00am - 12:00pm	Resident: \$350 Non-Resident: \$370
Dates			
Session I July 6 th - July 9 th	Session II July 13 th - July 16 th	Session III July 20 th - July 23 rd	Session IV August 3 rd - August 6 th
Session V August 10 th - August 13 th		Session VI August 17 th - August 20 th	

YOUTH FITNESS/SPORTS

TENNIS - RED BALL

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. Based on your child's size, racquets should be 21-23", and are provided to those who need one.

Ages	Day	Fee
4-6	Monday - Thursday	Resident: \$94 Non-Resident: \$114
Date	Time	
June 15 th - June 18 th	Choose a time slot. This will be your set class time each day and cannot be changed.	
June 22 nd - June 25 th		
July 13 th - July 16 th		
July 20 th - July 23 rd		
July 27 th - July 30 th		
August 3 rd - August 6 th		



8:30am - 9:30am
9:30am - 10:30am
5:30pm - 6:30pm

TENNIS - ORANGE BALL

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. Based on your child's size, racquets should be 21-25", and are provided to those who need one.

Ages	Day	Fee
7-10	Monday - Thursday	Resident: \$94 Non-Resident: \$114
Date	Time	
June 15 th - June 18 th	Choose a time slot. This will be your set class time each day and cannot be changed.	
June 22 nd - June 25 th		
July 13 th - July 16 th		
July 20 th - July 23 rd		
July 27 th - July 30 th		
August 3 rd - August 6 th		



8:30am - 9:30am
9:30am - 10:30am
5:30pm - 6:30pm
6:30pm - 7:30pm

TENNIS - YELLOW BALL

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.

Ages	Day	Fee
11-18	Monday - Thursday	Resident: \$94 Non-Resident: \$114
Date	Time	
June 15 th - June 18 th	Choose a time slot. This will be your set class time each day and cannot be changed.	
June 22 nd - June 25 th		
July 13 th - July 16 th		
July 20 th - July 23 rd		
July 27 th - July 30 th		
August 3 rd - August 6 th		



10:30 am - 11:30am
6:30pm - 7:30pm

YOUTH FITNESS/SPORTS

VOLLEYBALL BOYS Instructor: Molly Michaud



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!

Grades	Day	Dates	Time	Fee
5-8	Saturdays	April 4 th - May 16 th	12:00pm -1:30pm	Resident: \$97 Non-Resident: \$117

VOLLEYBALL GIRLS 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!

Grades	Day	Dates	Time	Fee
5-6	Saturdays	April 4 th - June 6 th	8:30am - 10:15am	Resident: \$97 Non-Resident: \$117
7-8	Saturdays	April 4 th - June 6 th	10:15am -12:00pm	



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

LOOKING FOR SUMMER CAMP OPTIONS?
CHECK PAGES 6-11

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.

TR: AFTERNOON CLUB

Instructors: Barbara Costello, Deboarah Sanford, & Jenn Loniki

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.

Age	Day	Dates	Time	Fee
14- 25	Tuesdays	April 21 st - May 26 th	2:00pm - 4:00pm	Resident: \$108 Non-Resident: \$128

TR: TENNIS

Instructors: Marcie Hayden

Grab a racket and join the fun!

This tennis program welcomes all skill levels and focuses on learning the basics, building skills, and enjoying the game.

Players will practice hitting, returning, and simple match play while staying active and having a great time.

Two levels available: Beginner & Advanced; players will be grouped by ability on the court.

Age	Day	Dates	Time	Fee
8+	Thursdays	April 30 th - June 4 th	6:00pm - 7:00pm	Resident: \$80 Non-Resident: \$120

TR: WALKING CLUB

Instructor: Emma Sink & Barbara Costello

We cover 1.5 to 2 miles per session at a comfortable group pace, creating a relaxed “walk and talk” atmosphere.

It's a fun, social way to stay active without it feeling like a workout.

Don't miss out — come walk with us and enjoy walking with friendly faces, and feel-good vibes.

You're more apt to walk if you have friends, it's win for both body and mind!

Age	Day	Dates	Time	Fee
7+	Wednesdays	Spring April 1 st - May 27 th	4:30pm - 5:15pm	Resident: \$67 Non-Resident: \$87
7+	Wednesdays	Summer June 10 th - July 29 th	6:00pm - 6:45pm	Resident: \$67 Non-Resident: \$87

THERAPEUTIC RECREATION

TR: LET'S THROW A PARTY!

Instructors: Barbara Costello

In this two day program, participants will plan and host a surprise graduation party!

The first day will be an opportunity to gather and plan a surprise graduation party.

The second day will be the party itself! Several friends of the Therapeutic Rec.

Programs will be graduating this semester: **Emily**, **Olivia**, **Kathleen** and **Emma** are all graduating from different programs this May/June.

Join in on the fun of celebrating our dedicated friends.



Age	Day	Dates	Time	Fee
15+	Fridays	May 15 th - May 29 th	6:00pm - 7:00pm	Resident: \$15 Non-Resident: \$25

TR: THEATRE UNDER THE STARS

Instructors: Ella Paul

This program was created in a space where every voice matters, every effort is valued, and every success — big or small — is celebrated.

With guidance, rehearsals will be filled with laughter, growth, friendship, and moments of bravery as performers step outside their comfort zones to shine on stage.

Inclusive theatre is about more than performance. It builds confidence, communication skills, self-expression, and meaningful connections.

The program will culminate in a performance in the Bandshell at Bartlem Park on July 30.

Age	Day	Dates	Time	Fee
15+	Thursdays	June 25 th - July 30 th	6:30pm - 7:30pm	Resident: \$75 Non-Resident: \$95



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

ADULT FITNESS

BERGAMO'S BALANCE & STABILITY

Instructor: BPT Fitness Staff

Good balance and the ability to fall safely are two of the most overlooked skills in our adult lives. In this class, we will work on strengthening our joints and muscles, as well as connecting the brain to the body, to achieve better balance and a more comfortable life. In addition, we will also focus on how to fall correctly and safely with no injuries.

Please note all classes are held at Bergamo's located at 493 West Main Street, Cheshire

Age	Day	Time	Fee	
60+	Tuesdays	10:00am - 10:35am	Resident: \$140 Non-Resident: \$165	
Dates				
Spring I April 7 th - April 28 th	Spring II May 5 th - May 26 th	Spring III June 2 nd - June 23 rd	Summer I July 7 th - July 28 th	Summer II August 4 th - August 25 th

BERGAMO'S EMPOWER HOUR FOR WOMEN

Instructor: Barbara LeBlanc

Empower Hour combines strength training, stretching, striking, and meditation into one class meant to relieve stress and empower women! Every class includes a warm-up, strength training, kicking and striking on pads and bags, and breathing and meditation.

Please note all classes are held at Bergamo's located at 493 West Main Street, Cheshire

Age	Day	Time	Fee	
16+	Mondays	6:00pm - 6:50pm	Resident: \$145 Non-Resident: \$165	
Dates				
Spring I April 6 th - April 27 th	Spring II May 4 th - June 1 st	Spring III June 8 th - June 29 th	Summer I July 6 th - July 27 th	Summer II August 3 rd - August 24 th

BERGAMO'S TAI-CHI

Instructor: BPT Fitness Staff

Tai-Chi is an artform practiced by millions of people every day around the world, and is known as the gentle martial art. Tai-Chi has many physical benefits (including increased balance, flexibility, and stability), however, for many, it can be a meditative and stress relieving experience as well. Taught by Grandmaster Ralph Bergamo, our classes focus on "Yang Style", which is the most commonly taught style in the U.S.

Age	Day	Time	Fee	
60+	Tuesdays	10:00am - 10:35am	Resident: \$145 Non-Resident: \$165	
Dates				
Spring I April 2 nd - April 23 rd	Spring II May 7 th - May 28 th	Spring III June 4 th - June 25 th	Summer I July 2 nd - July 23 rd	Summer II August 6 th - August 27 th

ADULT SPORTS

BUILD & BURN

Instructor: Donna Paventy

If you are seeking to get your bod in better condition and gain strength this class is for you.

This class is a total body workout designed to build strength, muscle mass and burn calories. You will work upper and lower body muscle groups as well as your core. We will be using a variety of fitness equipment such as step bench, stability balls, weights, fitness bands, tubing and sliding discs. Come ready to work and sweat while having fun.

All levels of fitness are welcome. Please bring towel and water mats are provided.

Age	Day	Dates	Time	Fee
16+	Tuedays	Spring - April 7 th - June 9 th	7:00pm - 7:45pm	Resident: \$90 Non-Resident: \$110
	Thursdays	Spring - April 9 th - June 11 th	7:00pm - 7:45pm	Resident: \$90 Non-Resident: \$110
	Saturday	Spring - April 11 th - June 13 th	8:00am - 8:45am	Resident: \$90 Non-Resident: \$110
	Tuesday	Summer I - June 16 th - July 14 th Summer II - August 4 th - September 1 st	7:00pm - 7:45pm	Resident: \$45 Non-Resident: \$65
	Thursday	Summer I - June 18 th - July 16 th Summer II - August 6 th - September 3 rd	7:00pm - 7:45pm	Resident: \$45 Non-Resident: \$65

CARDIO BLAST

Instructor: Donna Paventy

It is a high intensity, high energy workout that promotes cardiovascular endurance, strength, lean muscle and fat loss.

We will alternate cardio exercises with strength exercises. Boost your metabolism and leave feeling energized.

All levels of fitness are welcome. Please bring water, towel and mat.

Age	Day	Dates	Time	Fee
16+	Tuedays	Spring - April 7 th - June 9 th	6:00pm - 6:45pm	Resident: \$90 Non-Resident: \$110
	Tuesdays	Summer I - June 16 th - July 14 th Summer II - August 4 th - September 1 st	6:00pm - 6:45pm	Resident: \$45 Non-Resident: \$65

CIRCUIT TRAINING

Instructor: Donna Paventy

A blend of resistance and aerobic exercises designed to enhance both strength and cardiovascular fitness.

Each station forms a part of the complete circuit and participants move through these stations performing different exercises at each one.

You will work 45 seconds on and 15 seconds off to get to the next station.

The exercises are performed with minimal rest in between them providing an efficient and intensive workout that will challenge your physical fitness.

All fitness levels are welcome.

Age	Day	Dates	Time	Fee
16+	Thursdays	Spring - April 9 th - June 11 th	6:00pm - 6:45pm	Resident: \$90 Non-Resident: \$110
	Thursdays	Summer I - June 18 th - July 16 th Summer II - August 6 th - September 3 rd	6:00pm - 6:45pm	Resident: \$45 Non-Resident: 65

ADULT FITNESS

HIP-HOP TO FITNESS

Instructor: Michele Schweighoffer

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!

Age	Day	Dates	Time	Fee
18+	Wednesdays	April 1 st - June 3 rd	7:00pm - 7:45pm	Resident: \$72 Non-Resident: \$92

MINDFUL MEDITATIONS & MOVEMENTS

Instructor: Nirupama Nigam

Reconnect with your inner calm through an immersion dedicated to the synergy of body and mind.
Each one-hour session thoughtfully balances moving meditation with seated stillness, allowing you to release physical rigidity while quieting the internal noise.
We will explore gentle, intentional flows to awaken the body and guided mindfulness meditations to sharpen your focus and emotional resilience.
This series is designed as a sanctuary for all levels to build a lasting habit of presence and peace. Invest in your peace—one breath at a time.

Age	Day	Dates	Time	Fee
16+	Fridays	April 10 th - May 29 th	5:00pm - 6:00pm	Resident: \$88 Non-Resident: \$108

MINDFUL YOGA

Instructor: Nirupama Nigam

Embark on a transformative journey designed to harmonize your body and mind.
Each one-hour session blends mindful yoga postures with breath and body awareness, helping you cultivate presence and release deep-seated tension.
Whether you are a beginner or a seasoned yogi, this series offers a sanctuary to build resilience, improve flexibility, and quiet the mental chatter.
Join us to reconnect with your inner calm and establish a sustainable rhythm for your well-being. Step onto the mat and rediscover your most grounded self.

Age	Day	Dates	Time	Fee
16+	Mondays	April 6 th - June 1 st	5:00pm - 6:00pm	Resident: \$100 Non-Resident: \$120

YOGA FOR PARENTS

Instructor: Rebecca Baldassarri

Join us for a 4-week outdoor Yoga for Parents series on the Great Lawn stage, designed to help you decompress from the mental, emotional, and physical demands of modern parenting.
Each session is thoughtfully crafted for parents, combining the beauty of the outdoors with mindful movement, breath, and reflection practices.
The series is open to all levels, and no prior yoga experience is required.
This series is designed for parents and caregivers of young and elementary-aged children (approximately ages 0–12)

Age	Day	Dates	Time	Fee
18+	Thursdays	May 7 th - May 28 th	6:30pm - 7:15pm	Resident: \$75 Non-Resident: \$95

ADULT FITNESS

ZUMBA

Instructors: Donna Paventy

Get ready to dance, sweat, and smile!



High-energy Zumba classes are perfect for all fitness levels—whether you're a seasoned dancer or stepping onto the floor for the first time. Set to upbeat Latin and international rhythms, each class blends cardio, muscle conditioning, balance, and flexibility into a fun, feel-good workout. Zumba isn't just about fitness, it's a party! You'll burn calories, boost your mood, and make new friends along the way. Come for the workout, stay for the laughter, and leave feeling energized!



Age	Day	Dates	Time	Fee
18+	Saturday	Spring I - March 28 th - May 16 th	9:00am - 9:45am	Resident: \$72 Non-Resident: \$92
18+	Saturday	Spring II - May 30 th - June 27 th	9:00am - 9:45am	Resident: \$45 Non-Resident: \$65

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

ADULT SPORTS

DISC GOLF CLINIC Instructor: Chris Scofield



Learn the absolute basics of Disc Golf including how to grip a disc, proper stance, how to putt and how to throw for distance.
Lessons will be held at the HoneyPot Disc Golf Course located within Cheshire Park!

About the instructor: Chris Scofield is a professional disc golf coach with more than 20 years of experience in the sport. He is the 2015 Park City Open Champion and the 2019 Cranbury Classic Champion and owner of CS Disc Golf Lessons.

Age	Dates	Time	Fee
18+	April 19 th or May 17 th	12:00pm - 1:30pm	Resident: \$75 Non-Resident: \$80

GOLF LESSONS: ADULT Instructor: Pete Stankevich

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.

Age			Fee
15+			Resident: \$195 Non-Resident: \$215
May	June	July	August
Day: Tuesdays Date: May 5 th - June 2 nd Time: 6:30pm - 7:30pm	Day: Mondays Date: June 8 th - June 29 th Time: 6:30pm - 7:30pm	Day: Wednesdays Date: July 8 th - July 29 th Time: 6:30pm - 7:30pm	Day: Mondays Date: August 3 rd - August 24 th Time: 6:30pm - 7:30pm

WOMEN ONLY DATES

Day: Thursdays Date: May 7 th - May 28 th Time: 6:30pm - 7:30pm	Day: Tuesdays Date: June 9 th - June 30 th Time: 6:30pm - 7:30pm	Day: Thursdays Date: July 9 th - July 30 th Time: 6:30pm - 7:30pm	Day: Wednesdays Date: August 5 th - August 26 th Time: 6:30pm - 7:30pm
---	--	---	--

MIXED DOUBLES TENNIS Instructor: Brandon Choi

This league is for all levels, from beginners to advanced, who want to enjoy tennis and meet new people in our community.

You do not need to have a partner to participate in this league. During the first week, we will run a round-robin tournament (short set games) to get a chance to meet everyone in the program and to determine your seed on the ladder. The seeding will determine which court you will start the following week.

(for additional information go to cheshirect.myrec.com)

Age	Day	Time	Fee
14+	Tuesdays	7:30pm - 9:30pm	Resident: \$33 Non-Resident: \$53
Dates			
Session I May 19 th - July 21 st		Session II August 4 th - October 6 th	

ADULT SPORTS

PICKLEBALL BEGINNER CLINIC

Instructor: Ken Henderson

For players brand new to the game or who have only played a few times.

Fundamental Shots taught to you are: Dink & Drive Shots, Volleys & Serve/Return. We will also show you how to play a doubles game, going over scoring, proper positioning & moving with your partner. No Paddle needed to participate just comfortable sneakers.

Age	Dates	Time	Fee
18+	April 11 th or June 13 th	12:30pm - 2:00pm	Resident: \$60 Non-Resident: \$65

PICKLEBALL ADVANCED BEGINNER/LOW INTERMEDIATE CLINIC

Instructor: Ken Henderson

Lessons will be given on dinking technique, Volleys & Serve/Return. Fun skills & games to follow.

We will also critique your doubles game giving you useful tips on shot selection, strategy & moving in unison with your partner.

Age	Dates	Time	Fee
18+	April 11 th or June 13 th	2:00pm - 3:30pm	Resident: \$60 Non-Resident: \$65

PICKLEBALL 101 (NEW BEGINNER CLASSES)

Instructor: Ken Henderson

For Players brand new to Pickleball or who played only a few times.

Learn the fundamental Shots & Strokes of game including: Dink & Drive Shots, Volleys & Serve/Return.

Furthermore, you will learn how to play doubles games as we go over scoring, positioning & moving in unison with your partner with you.

Age	Day	Time	Fee
18+	Fridays	5:30pm - 6:30pm	Resident: \$164 Non-Resident: \$184

Dates

Spring I April 10 th - May 8 th	Spring II May 22 nd - June 26 th	Summer I July 10 th - August 14 th	Summer II August 28 th - September 25 th
--	---	---	---

PICKLEBALL FUN INSTRUCTIONAL DOUBLES FOR ADVANCED BEGINNER/LOW INTERMEDIATE PLAYERS

Instructor: Ken Henderson

For Players who have been playing for a while & looking to improve their fundamental shots & also further their doubles game play.

We will teach you the finer points for Dinking & 3rd Shot Drop ("soft shots") and break down each shot into easy to learn steps.

We will also critique your doubles game giving you useful tips on strategy, positioning & shot selection to help move your game up to the next level.

Age	Day	Time	Fee
18+	Fridays	1:30pm - 3:00pm	Resident: \$194 Non-Resident: \$214

Dates

Spring I April 10 th - May 8 th	Spring II May 22 nd - June 26 th	Summer I July 10 th - August 14 th	Summer II August 28 th - September 25 th
--	---	---	---

ADULT SPORTS

VOLLEYBALL ADULT CO-ED **Instructor: Stacey DeAngelis**

Join us for a fun-filled evening of volleyball at Mixville!
Enjoy organized games on the beautiful sand courts with no referees, just great sportsmanship and friendly competition. Whether you're a seasoned player or just looking to have some fun, we have two courts available for everyone. This is an adult, pick-up, outdoor volleyball program that is just for fun. Please bring a volleyball.
All participants must pre-register.

Age	Day	Dates	Time	Fee
16+	Thursdays	May 28 th - August 13 th	6:00pm - 8:00pm	Resident: \$40 Non-Resident: \$60



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

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.gov to discuss your needs.

Disclaimer: Program Dates & Exceptions

Please note that some programs may not meet on certain dates due to holidays or scheduled breaks. These skip dates are not included in this catalog but are available on our website and will also appear on your receipt. For the most up-to-date and complete program information, please visit cheshirect.myrec.com.

TO REGISTER FOR
PROGRAMS



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

