

RECREATION & THERAPEUTIC PROGRAM GUIDE

FALL 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@cheshirect.gov



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

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.

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



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

Whether spooky, silly, or one-of-a-kind, everyone is welcome to enter!
Please visit cheshirect.myrec.com to view the participation guidelines

Scarecrow
Contest



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 October 31**
Community members are encouraged to vote for the Community Favorite through an online poll that will be available from October 13 - October 18 on our website!



**REGISTRATION
FEE**
\$25



**REGISTRATION
DEADLINE**
October 4



PROCEEDS BENEFIT
Cheshire Human
Services
programs for
residents in need.



CO-SPONSORED BY
CPFA Artsplace, Cheshire Chamber of
Commerce, Cheshire Public Library
and Cheshire Parks & Recreation

The Great Turkey Hunt Returns

A FAMILY SCAVENGER HUNT THROUGH CHESHIRE PARKS!



HERE'S THE GAME PLAN



Step 1: Pre-register to be part of this epic hunt!

Step 2: Get your clues—emailed to you or pick up a printed copy at the Youth Center.

Step 3: Use the clues to track down laminated turkeys hidden at parks and landmarks all over Cheshire!

Step 4: Find a turkey? Quick! Bring it to the Youth Center to swap it for a prize!

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.

★ FREE EVENT ★



NOVEMBER 19, 2026



6:30PM - 7:30PM

Cheshire Residents Only



Prizes provided by Chick-Fil-A of Wallingford

Register online at cheshirect.myrec.com



MIXVILLE Halloween Bash



Pumpkin Decorating

Bring your own pumpkin and transform it into a spooky jack-o'-lantern or painted masterpiece! Space is limited, so be sure to pre-register.

The Scarecrows Are Coming to Town Award Ceremony

Come by to cheer for the award winners of our Annual town wide Scarecrow Contest!

Cheshire Lions Club Annual Trunk or Treat

Dress in costume and trick or treat at decorated trunks coordinated by the Cheshire Lions Club.

Howl-O-ween

Dress up your pup and join the Halloween fun at the Mixville Halloween Bash! Leashed, friendly dogs that are current on vaccinations are invited to parade through our costume loop for a chance to win prizes.

Spooky Walk

BSA Troop 92 returns with their popular Spooky Walk! Follow the Scouts through eerie scenes filled with Halloween fun and frights. Don't miss it!

FREE FAMILY EVENT

 October 23, 2026

 5:00pm - 7:00pm

 Mixville Park
1300 Notch Rd
Cheshire, CT 06410

For more information on events and schedule go to cheshirect.myrec.com

ANNUAL

Winter Wonderland

AT BARTLEM PARK

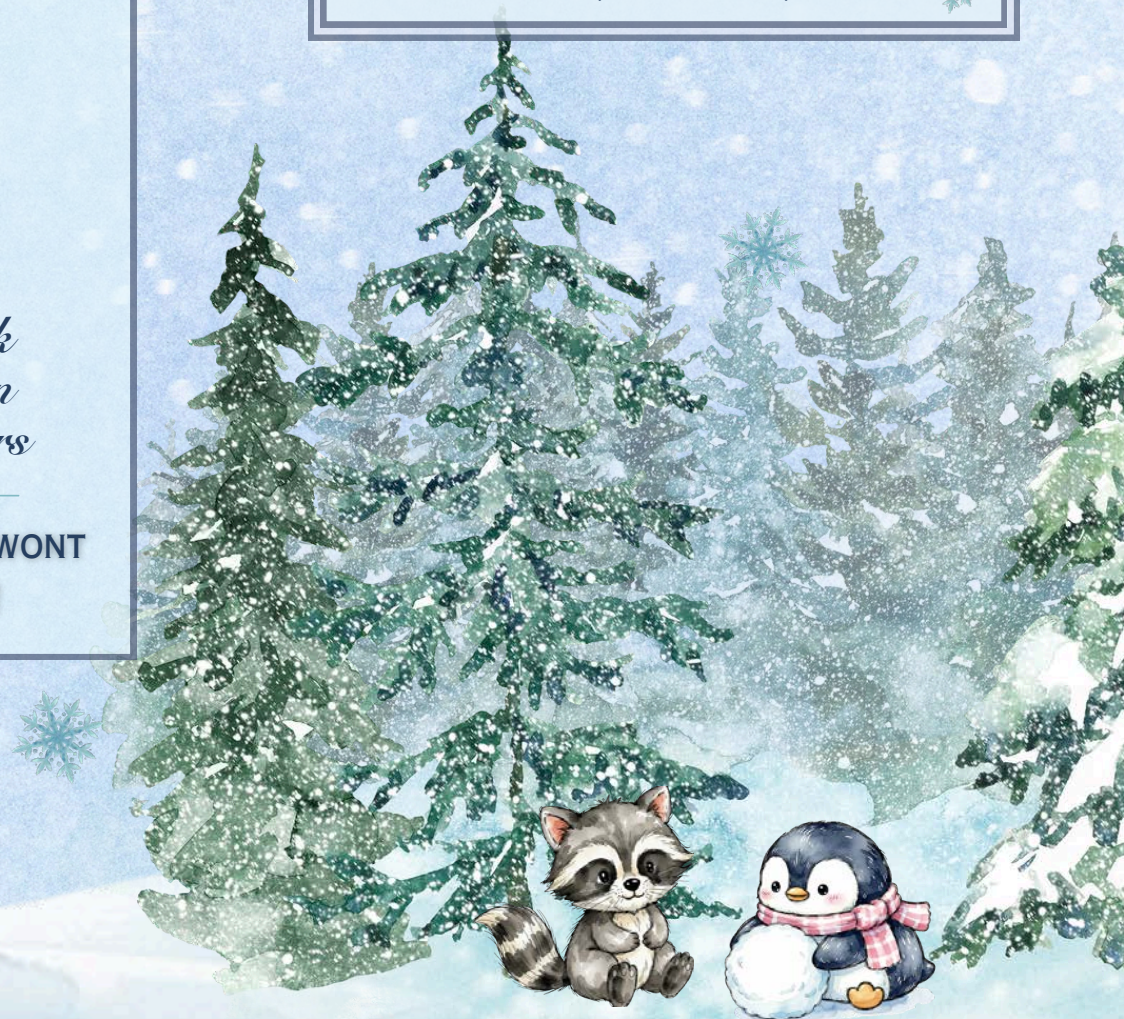
Get ready for a holly jolly evening as the heart of our town twinkles to life!

Live music
Goats
Carolers
Games
Hot cocoa
Cookies
Ice carver
Hayrides
Skating Rink
Riddie Train
Fun Characters

IT'S AN EVENT YOU WONT
WANT TO MISS!

December 6, 2026

4:00pm to 6:30 pm



* 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, CHESHIRE-PROSPECT REGIONAL CHAMBER OF COMMERCE AND POWER STATION EVENTS

Santa HOTLINE

SANTA IS CALLING! FOR TWO SPECIAL DAYS ONLY.
CONNECT WITH THE BIG GUY HIMSELF!

TELL HIM
YOUR *Wish* LIST
SHARE YOUR
HOLIDAY *Cheer*
OR JUST SAY *(hello)*



 **DEC 15 & 16**

 **5:00PM - 7:00PM**

 **PHONE CALL
FROM SANTA**

Free!

FOR CHESHIRE RESIDENTS ONLY



**RESERVE YOUR CALL
FROM SANTA BY GOING TO
CHESHIRECT.MYREC.COM**

Pavilion Rentals

Outdoor Facilities | April - October



Rental Season

April - October

How to Reserve

Online

cheshirect.myrec.com

In-person

Cheshire Parks & Rec
559 South Main Street
Cheshire, CT

Mon- Fri 8:30am - 4:00pm

Weather Policy

All facilities are outdoors.

Rentals are subject to weather conditions. Refunds are not issued due to inclement weather.

Thank you for your understanding.

Pavilion	Ammenities	Fee
Bartlem Park Pavilion 510 South Main Street Cheshire, CT	Capacity: 75 people Picnic Tables Electrical Outlet	\$250
Cheshire Park 1000 Highland Ave Cheshire, CT	Capacity: 75 people Picnic tables Electrical Outlet	\$250
Lock 12 Pavilion 487 North Brooksville Road Cheshire, CT	Capacity: 40 people Picnic tables Electrical Outlet	\$250
Mixville Park Small Pavilion 1300 Notch Road Cheshire, CT	Capacity: 50 people Picnic tables Electrical Outlet	\$250
Mixville Park Large Pavilion 1300 Notch Road Cheshire, CT	Capacity: 120 people Picnic tables Electrical Outlet	\$500
Mixville Park Small & Large Pavilions 1300 Notch Road Cheshire, CT	Capacity: 170 people Picnic tables Electrical Outlet	\$750
Quinnipiac Park Pavilion 1325 Cheshire Street Cheshire, CT (Very limited availability)	Capacity: 75 people Picnic tables Electrical Outlet	\$250

Cancellation/Refund Policy

A 50% refund will be given for a cancellation if the date is reserved by another party. If the date is not reserved by another party, then no refund will be given. Requests to move or reschedule a date are considered the same as a cancellation and will follow this policy.

All cancellation requests must be in writing and emailed to recreation@cheshirect.org.

Adult Programs

Quick Glance



Programs

Cookie Decorating
Pasta Making
Photography Class
Instant Piano
Instant Guitar
Instant Ukelele

Fitness & Sports

Balance & Stability
Boot Camp
Build & Burn
Bunny Flow Yoga
Cardio Blast
Circuit Training
Empower Hour for Women
Golf Lessons
Hip Hop to Fitness
Indoor Volleyball
Over 30 Basketball
Over 30 Indoor Soccer
Paws & Pose Yoga
Pickleball
Strong Start Reset



Cookie DECORATING

for Adults

Decorate 6 beautifully detailed seasonal cookies using **5-6 icing colors!**

This session covers multiple techniques and includes a cookie scribe, a cookie cutter, and recipes for both the cookies and icing to take home.



Halloween
COOKIE DECORATING



Friday
October 23



5:30pm - 7:00pm



Thanksgiving
COOKIE DECORATING



Friday
November 20



5:30pm - 7:00pm



Winter
COOKIE DECORATING



Friday
December 18



5:30pm - 7:00pm

Take Home Your Sweet Creations!

In partnership with:



Residents: \$65 per class
Non-Residents: \$70 per class



Pasta Making FOR ADULTS

Learn how to make pasta from Passionately Pasta!

This class will teach individuals how to make pasta by hand using minimal equipment.

Pasta Shapes

This class will give you hands on experience making pasta! You will learn how to make an assortment of shapes that don't require a lot of equipment.

 **Sunday
October 11**

 3:00pm - 5:00pm

 Resident: **\$60**
Non-Resident: **\$70**

Rolling Pasta

This class uses a little more machinery than the shapes class. It gives a new take on how to roll pasta using the equipment your grandparents used!

 **Sunday
November 15**

 3:00pm - 5:00pm

 Resident: **\$60**
Non-Resident: **\$70**

Ravioli

Learn how to make ravioli without the molds! This class will help you gain the confidence to roll out your own ravioli. Students will learn several different and fun ravioli shapes.

 **Sunday
December 13**

 3:00pm - 5:00pm

 Resident: **\$60**
Non-Resident: **\$70**



Ages: 13+

Please note: This class may not be appropriate for those with allergies, both gluten and egg products are used in the pasta that will be made in the class.

Ages
16+

PHOTOGRAPHY CLASSES



Take Great Photos with your Smartphone



Wednesday
October 28



5:30pm -
8:30pm

Learn how to take better, higher-quality photos using the smartphone you already carry! This class will teach you how to understand and use your camera controls, improve composition, and apply basic photography techniques to capture great images.

Topics include:

- Camera controls and settings
- Basic photography principles
- Composition techniques
- Proper hand-holding techniques
- Smartphone camera apps
- Helpful accessories
- Step-by-step tips for taking better photos

Get Up & Shoot with your Smartphone Camera



Wednesday
November 18



5:30pm -
8:30pm

This hands-on class combines basic photography principles and smartphone camera controls with plenty of real-world practice.

Learn how to find compelling subjects, pose classmates, use creative composition techniques, and experiment with props. The class also includes a brief introduction to photo editing to help transform your images into eye-catching photographs.

Fast Track from AUTO to MANUAL on your 35mm Digital Camera



Wednesday
December 9



5:30pm -
8:30pm

Ready to take control of your camera?

In 3 hours or less, learn how to move beyond AUTO and PROGRAM modes and start shooting in MANUAL. Explore the basics of aperture, shutter speed, ISO, camera controls, and proper handholding techniques. A helpful handout will be provided for reference.

Resident \$85 per class

Non-Resident \$95 per class

Please check our website cheshirect.myrec.com
for more in depth description on classes

INSTANT INSTRUMENTS

for Hopelessly Busy People

Ages
18+

Learn to play the piano, guitar or ukulele in an online, fast paced, fun session with instructor *Craig Coffman*.

Over 30,000 students have attended his live seminars, we are delighted to announce this new partnership to be able to make these same seminars available to you from the comfort of your own home!

INSTANT GUITAR



Learn to play the guitar in just a few hours with this fun online crash course! You'll learn basic chords and start playing along with your favorite songs right away. The fee includes an online book, recorded follow-up lessons, a class recording, and optional live Q&A sessions.

Participants will need a guitar and a device with Zoom access.



**Saturday
October 17**



1:00pm - 3:30pm



**Resident: \$59
Non-Resident: \$64**



INSTANT PIANO

Learn to play piano the fun and easy way using chords! In just a few hours, you'll learn the basics and start playing right away—no note reading required. The fee includes an online book, recorded follow-up lessons, a class recording, and optional live Q&A sessions.

Participants will need a piano and a device with Zoom access.



**Saturday
October 17**



9:00am - 12:00pm



**Resident: \$59
Non-Resident: \$64**

INSTANT UKULELE



Learn to play the ukulele in just a few hours with this fun online crash course! You'll learn basic chords and start playing your favorite songs right away. The fee includes an online book, recorded follow-up lessons, a class recording, and optional live Q&A sessions.

Participants will need a ukulele and a device with Zoom access.



**Thursday
October 22**



6:30pm - 9:00pm



**Resident: \$59
Non-Resident: \$64**

Beginner Friendly

Learn from home

Have Fun!

Adult Fitness Programs

FIND THE PERFECT FITNESS CLASS FOR YOU

Explore a variety of classes designed for all fitness levels and let our experienced instructors help you reach your goals.

BOOT CAMP

Ages 18+

Get moving with this full-body workout that combines strength and cardio exercises. Improve your fitness, build strength, and enjoy a fun, energizing class.

 Tuesdays
Oct 13 - Dec 15

 6:00pm - 6:45pm

 Resident: **\$90**
Non-Resident: **\$110**

 Saturdays
Oct 17 - Dec 19

 9:00am - 9:45am

 Resident: **\$81**
Non-Resident: **\$101**

 Tuesdays
Oct 13 - Dec 15

 7:00pm - 7:45pm

 Resident: **\$90**
Non-Resident: **\$110**

 Thursdays
Oct 15 - Dec 17

 7:00pm - 7:45pm

 Residents: **\$81**
Non-Residents: **\$101**

 Saturdays
Oct 17 - Dec 19

 8:00am - 8:45am

 Residents: **\$81**
Non-Residents: **\$101**

BUILD & BURN

Ages 16+



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

CIRCUIT TRAINING

Ages 16+



This 45-minute class combines **strength** and **cardio** exercises in a fun, timed circuit format. Rotate through stations that alternate resistance and cardio movements to build strength, improve endurance, and boost cardiovascular fitness.

Suitable for a variety of fitness levels.

 Thursdays
Oct 15 - Dec 17

 6:00pm - 6:45pm

 Resident: **\$81**
Non-Resident: **\$101**

 Wednesdays
Oct 7 - Dec 9

 7:00pm - 7:45pm

 Resident: **\$95**
Non-Resident: **\$115**



HIP HOP TO FITNESS

Ages 18+

Learn fun hip hop dance moves and put them together into exciting routines set to hits from the '80s, '90s, and today.

Bunny Flow Yoga

⇒ for Adults ⇒

Relax, **unwind**, and enjoy a peaceful class that will leave you smiling.

Move through gentle, accessible yoga while surrounded by adorable rescue rabbits. This all-levels class encourages relaxation, mindfulness, and a deeper connection to your body in a calm, welcoming atmosphere.



 **Saturday,
October 3**
 12:00pm - 1:00pm

 **Saturday,
November 14**
 12:00pm - 1:00pm

 **Saturday,
December 5**
 12:00pm - 1:00pm



There will be plenty of opportunities to interact and take photos with the bunnies!

Paws and Poses Yoga

⇒ for Adults ⇒

Unwind and **recharge** with a playful yoga experience

Move through gentle, accessible yoga while surrounded by adorable dogs. This all-levels class encourages relaxation, mindfulness, and a deeper connection to your body in a calm, welcoming atmosphere.

 **Saturday,
October 17**
 12:00pm - 1:00pm

 **Saturday,
November 21**
 12:00pm - 1:00pm

 **Saturday,
December 12**
 12:00pm - 1:00pm



There will be plenty of opportunities to pet and play with the dogs



In partnership with:

**Breathe
2^oFlow**
Untraditional yoga. Unexpected places.

Residents: \$55 per class

Non-Residents: \$60 per class



No yoga experience necessary.
Just bring a yoga mat and enjoy this unique experience

STRONG *Start Reset*

Ages 18+

Build strength, improve core stability, and unwind with mindful movement, light resistance exercises, and guided stretching for a refreshing reset.

Focus: Core strength, posture, mobility, stress reduction

 Fridays
Oct 9 - Dec 4
 7:00am - 8:00am
 Resident: \$80
Non-Resident: \$100

Mindful Meditations & Movement

Ages 16+

 Thursdays
Oct 3 - Nov 21
 9:00am - 10:00am
 Resident: \$88
Non-Resident: \$108

Reconnect with your inner calm through mindful movement and meditation. Each session combines gentle movement with guided meditation to release tension, improve focus, and promote relaxation.

Find balance, one breath at a time

Balance & Stability

AT BPT FITNESS

 Tuesday
Session I Oct 6 - Oct 27
Session II Nov 3 - Nov 24
Session III Dec 1 - Dec 22
 10:00am - 10:35am
 Resident: \$140
Non-Resident: \$160



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.

Empower Hour *for women*

AT BPT FITNESS

 Mondays
Session I Oct 5 - Oct 26
Session II Nov 2 - Nov 23
Session III Dec 7 - Dec 28
 10:00am - 10:35am
 Resident: \$140
Non-Resident: \$160

Strength training, stretching, striking, and meditation into one class meant to relieve stress and empower women!

Taught by certified trainer Barbara LeBlanc, her goal is to create a community of women who meet every week to support each other as you get strong and find calm. Every class includes a warm-up, strength training, kicking and striking on pads and bags, and breathing and meditation.

GOLF LESSONS

Ages: 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.

ADULT NOVICE

September

Calendar Thursday
Sept 10 - Oct 1

Clock 6:00pm - 7:00pm

Dollar Resident: **\$195**
Non-Resident: **\$215**

October

Calendar Wednesday
Oct 7 - Oct 28

Clock 6:00pm - 7:00pm

Dollar Resident: **\$195**
Non-Resident: **\$215**

November

Calendar Tuesday
Nov 3 - Nov 24

Clock 6:00pm - 7:00pm

Dollar Resident: **\$195**
Non-Resident: **\$215**

December

Calendar Wednesdays
Dec 2 - Dec 30

Clock 6:00pm - 7:00pm

Dollar Resident: **\$195**
Non-Resident: **\$215**

WOMEN ONLY

September

Calendar Tuesday
Sept 8 - Sept 29

Clock 6:00pm - 7:00pm

Dollar Resident: **\$195**
Non-Resident: **\$215**

October

Calendar Thursday
Oct 8 - Oct 29

Clock 6:00pm - 7:00pm

Dollar Resident: **\$195**
Non-Resident: **\$215**

November

Calendar Monday
Nov 2 - Nov 23

Clock 6:00pm - 7:00pm

Dollar Resident: **\$195**
Non-Resident: **\$215**

December

Calendar Tuesday
Dec 1 - Dec 29

Clock 6:00pm - 7:00pm

Dollar Resident: **\$195**
Non-Resident: **\$215**

— RAY VOELKER —

OVER 30 BASKETBALL

Join us for **pickup basketball** on Sundays, Mondays, and Wednesdays. Attend one night, two nights, or all three. Come whenever it works for you!

 Sun, Mon, Wed
Sept 13 - May 5

 6:00pm - 9:30pm*

 Resident: **\$150**
Non-Resident: **\$170**

*Some start times may vary check online for detailed schedule

OVER 30 INDOOR SOCCER

 Tues & Thurs
Nov 10 - Apr 8

 8:45pm - 10:00pm*

 Resident: **\$60**
Non-Resident: **\$80**

*Some start times may vary check online for detailed schedule

Join the fun! An energetic group of adult soccer players getting together for **pickup games** of indoor soccer.

**Participants must carry in and change into sneakers.
No street shoes allowed on gym floors!**

COED INDOOR VOLLEYBALL

Join us for a fun-filled evening of indoor volleyball!

Enjoy organized games indoors 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.

 Sundays
Sept 27 - Dec 20

 6:00pm - 8:00pm

 Resident: **\$100**
Non-Resident: **\$120**

Youth Programs

Quick Glance

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.

Programs

Cookie Decorating
Coding
Dance with Me
Family Pasta Making
Intro to Hip Hop
Mary's Culinary Classes
Safesitter
STEM Classes

Sports & Fitness

A Step Ahead Soccer
Basketball
Bunny Flow Yoga
Golf Lessons
Multi-Sport Tots
Mindful Movers
Nursery Ninja
Ninja Fit
Soccer Tots
Tennis
Paws & Poses Yoga
Pokemon Yoga
Superhero Yoga
Volleyball





SAFESITTER

BABYSITTER TRAINING



Safe Sitter® is a fun, fast-paced course teaching young teens essential safety and life-saving skills. Through games, role-playing, and hands-on practice, students learn how to stay safe and handle real-life situations with confidence.

CLASS TOPICS INCLUDE

-  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 one day course and students will have a lunch break.



Ages: 11-14



Saturday
October 17



9:00am - 2:30pm



Residents: **\$150**
Non-Residents: **\$160**



Ages: 11-14



Saturday
December 12



9:00am - 2:30pm



Residents: **\$150**
Non-Residents: **\$160**

Family Pasta Making

with
Passionately Pasta



Create lasting
Memories
while learning to
make fresh pasta!

Children ages **6-12** and an adult will learn pasta-making techniques to recreate at home.

 Ages: **6-12**

 Adult participation required

Pasta Shapes

This class will give you hands on experience making pasta! You will learn how to make an assortment of shapes that don't require a lot of equipment.

 **Sunday
October 11**

 **12:00pm - 2:00pm**

 Resident: **\$60**
Non-Resident: **\$70**

Rolling Pasta

This class uses a little more machinery than the shapes class. It gives a new take on how to roll pasta using the equipment your grandparents used!

 **Sunday
November 15**

 **12:00pm - 2:00pm**

 Resident: **\$60**
Non-Resident: **\$70**

Ravioli

Learn how to make ravioli without the molds! This class will help you gain the confidence to roll out your own ravioli. Students will learn several different and fun ravioli shapes.

 **Sunday
December 13**

 **12:00pm - 2:00pm**

 Resident: **\$60**
Non-Resident: **\$70**



MARY'S CULINARY Classes



Each class begins with a demonstration from Mary, followed by hands-on cooking where kids **chop**, **mix**, **sauté**, **prep**, and **cook** their own creations.



Young chefs will then sit down and enjoy the meal they made together with friends.

Each class includes a delicious **dinner** and **dessert**!

PARMESAN GARLIC GNOCCHI AND EDIBLE COOKIE DOUGH ICE CREAM CONES



Tuesday
September 29



4:30pm - 6:30pm



Residents: \$60
Non-Residents: \$65

MINI SKULL CALZONES AND DRACULA DENTURES



Tuesday
October 27



4:30pm - 6:30pm



Residents: \$60
Non-Residents: \$65

CREAMY TUSCAN GROUND TURKEY PASTA AND TURKEY CUPCAKES



Tuesday
November 17



4:30pm - 6:30pm



Residents: \$60
Non-Residents: \$65

REINDEER QUESADILLA AND HOLIDAY SUGAR TREE COOKIE STACK



Tuesday
December 15



4:30pm - 6:30pm



Residents: \$60
Non-Residents: \$65

Cookie DECORATING for kids

Decorating sugar cookies is a fun, hands-on activity perfect for any occasion! With everything prepped and ready, children will learn different techniques and tricks to **decorate cookies to bring home.**



Halloween
COOKIE DECORATING



Monday
October 19



5:30pm - 6:30pm



Thanksgiving
COOKIE DECORATING



Monday
November 16



5:30pm - 6:30pm



Winter
COOKIE DECORATING



Monday
December 14



5:30pm - 6:30pm

Take Home Your Sweet Creations!

In partnership with:



Residents: \$40 per class
Non-Residents: \$45 per class



CODING AT THE CODER SCHOOL

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

★ **All equipment is provided**—no need to bring anything. ★ **No experience needed**—just bring your creativity!

Scratch Coding

Ages 7-9

Using the MIT Scratch platform and block coding, students create games and interactive projects while learning concepts such as loops, variables, x/y coordinates, and if/then logic.



Saturday

Session 1: Oct 3 - Nov 7

Session 2: Nov 14 - Dec 19



11:00am - 12:00pm



Resident: **\$145**

Non-Resident: **\$165**

Minecraft Coding

Ages 8.5 - 10

Using the Minecraft Education Edition students will solve code and go through lessons 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.



Friday

Session 1: Oct 2 - Nov 6

Session 2: Nov 13 - Dec 18



5:00pm - 6:00pm



Resident: **\$145**

Non-Resident: **\$165**

Python Coding

Ages 10 - 13

Learn one of today's most popular programming languages through fun, hands-on projects. Learn how to draw shapes and create designs using the turtle library. Learn about if and then statements, loops, variables, and more.



Friday

Session 1: Sept 30 - Nov 4

Session 2: Nov 11 - Dec 16



6:00pm - 7:00pm



Resident: **\$145**

Non-Resident: **\$165**

Please note:

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.

In partnership with



STEM

IN PARTNERSHIP WITH



Planetarium Night at The Mahan Planetarium

Enjoy a planetarium show featuring Winter Constellations and the full-dome movie Season of Light. Presented by Wallingford Public Schools Mahan Planetarium. Families provide their own transportation. School-aged participants must be accompanied by an adult.

- All Ages
- Tuesday
December 15
- 6:00pm - 7:00pm
- Residents: \$15/person
Non-Resident: \$20/person

Robotics for Ages 6-8

Designed for participants looking to continue their robotics education. Explore critical thinking, problem-solving, and communication using Ozobots and Sphero Robotics.



- Ages: 6 - 8
- Mondays
Sept 28 - Oct 26
- 6:00pm - 7:00pm
- Residents: \$90
Non-Residents: \$110

STEAM for Ages 5-7

Kids will explore robotics, chemistry, and engineering through fun, hands-on projects and experiments! They'll build simple robots, create colorful chemical reactions, and develop problem-solving, creativity, and teamwork skills.

- Ages: 5 - 7
- Wednesdays
Oct 14 - Oct 28
- 6:00pm - 7:00pm
- Residents: \$65
Non-Residents: \$85

Space Science with NASA Based Investigations

Students become scientists and engineers through engaging, NASA-based investigations tailored to their age group.



- Ages: 7 - 14
- Wednesdays
Dec 2 - Dec 16
- 6:00pm - 7:00pm
- Residents: \$70
Non-Residents: \$90

After School STEAM Challenges

Doolittle & Highland STEAM Challenges:

Explore hands-on weekly engineering challenges, including building structures, creating simple machines, and more!

Doolittle

Highland

- | | |
|---------------------------------------|--|
| Grades: 3-6 | Grades 3-6 |
| Tuesday
Oct 27 - Nov 17 | Wednesdays
Oct 28 - Nov 18 |
| 3:00pm - 4:00pm | 3:30pm - 4:30pm |
| Residents: \$60
Non-Resident: \$80 | Residents: \$80
Non-Resident: \$100 |

Dodd Rocketry Challenges:

Explore flight, aerodynamics, and propulsion while building and launching your own rockets! No materials required.

- Grades: 7-8
- Thursdays
Oct 29 - Nov 19
- 3:30pm - 4:30pm
- Residents: \$80
Non-Resident: \$100



CHESHIRE PARKS & RECREATION



BASKETBALL

DEVELOP SKILLS • BUILD TEAMWORK • HAVE FUN

ALL SKILL LEVELS
WELCOME

 GRADES K-12

 SEASON RUNS
NOVEMBER – MARCH



REGISTER BY
OCTOBER 1!

REGISTER AT
CHESHIRECT.MYREC.COM



A STEP AHEAD SOCCER



Give your child a Head Start through Soccer!

At A Step Ahead Soccer, we combine imaginative storytelling and physical play to create a unique experience both in the classroom and on the field.

Smart Scott the Soccer-bot brings children on exciting adventures that boost:

- 🏆 Focus & Attention
- 🏆 Confidence & Resilience
- 🏆 Gross Motor Skills
- 🏆 Creativity & Problem Solving
- 🏆 Social Skills & Teamwork
- 🏆 Language Development
- 🏆 Lifelong love of learning

FULL UNIFORM provided for all players

Jersey • Shorts • Socks

First Step



Age: 2 years



Saturdays
Sept 19 - Oct 31



10:30am - 11:15am



Residents: \$185
Non-Residents: \$205



Adult participation required

Step Up



Ages: 3-4 years



Saturdays
Sept 19 - Oct 31



10:30am - 11:30am



Residents: \$210
Non-Residents: \$230

Next Step



Ages: 5 years



Saturdays
Sept 19 - Oct 31



10:30am - 11:30am



Residents: \$210
Non-Residents: \$230

SKATEBOARDING

LEARN TO SKATEBOARD

Ready to ride? Learn the basics of skateboarding, including pushing, riding, beginner tricks, and ramp skills, all while building confidence and having fun at **Bartlem Park Skatepark in Cheshire!**

Instruction is led by experienced skaters with 15+ years of teaching experience.



Ages: 7 - 15



Tuesdays
Oct 6 - Oct 27



5:00pm - 6:00pm



Residents: \$200
Non-Residents: \$220

SKATEBOARD CLINIC AT FLUX INDOOR SKATEPARK

Take your skating to the next level! Designed for skaters comfortable with pushing, turning, and stopping, this clinic focuses on drop-ins, stalls, grinds, tricks, and transitions at **FLUX Indoor Skatepark in Hamden.**

Build confidence on bigger obstacles in a fun, supportive environment.



Ages: 7 - 15



Mondays
Oct 5 - Oct 26



5:00pm - 6:00pm



Residents: \$245
Non-Residents: \$265

For beginners, we highly recommend taking "Learn to Skateboard at Cheshire Skatepark" first.

Ages: 7-14

GOLF LESSONS

All sessions are held at Chris Cote's Top Tracer Range in Southington
These lessons are for those who have never played before, as well as the more experienced player who wants to learn more about the game and improve their score.

JUNIORS

September

 **Thursday**
Sept 10 - Oct 1
 4:30pm - 5:30pm
 Resident: **\$195**
Non-Resident: **\$215**

October

 **Wednesday**
Oct 7 - Oct 28
 4:30pm - 5:30pm
 Resident: **\$195**
Non-Resident: **\$215**

November

 **Tuesday**
Nov 3 - Nov 24
 4:30pm - 5:30pm
 Resident: **\$195**
Non-Resident: **\$215**

December

 **Wednesday**
Dec 2 - Dec 30
 4:30pm - 5:30pm
 Resident: **\$195**
Non-Resident: **\$215**

Students can bring their own clubs or borrow clubs during the classes

BOYS VOLLEYBALL

Learn the fundamentals of volleyball through fun drills, games, and competitive play!

Grab your friends and we'll see you on the court!



Grades: 5-8



Saturdays
Oct 3 - Nov 14



12:00pm - 1:45pm



Residents: **\$97**
Non-Residents: **\$117**

GIRLS VOLLEYBALL

Learn the fundamentals of volleyball through fun drills, games, and competitive play!

Grab your friends and we'll see you on the court!



Grades: 5-6



Saturdays
Oct 3 - Nov 14



8:30am - 10:15am



Residents: **\$97**
Non-Residents: **\$117**



Grades: 7-8



Saturdays
Oct 3 - Nov 14



10:15am - 12:00pm



Residents: **\$97**
Non-Residents: **\$117**

Bunny Flow Yoga

for kids

 Ages: 8-17

Kids will enjoy beginner-friendly yoga, and mindfulness.

No experience is necessary—just bring a yoga mat and get ready to **stretch**, **smile**, and make some **furry friends!**

Please note that one guardian per family must attend.

 **Saturday
October 3**
 11:00am - 12:00pm

 **Saturday
November 14**
 11:00am - 12:00pm

 **Saturday
December 5**
 11:00am - 12:00pm

Residents: \$55 per class
Non-Residents: \$60 per class

 There will be plenty of opportunities to interact and take photos with the bunnies!

Paws and Poses Yoga

for kids

 Ages: 8-17

Kids will enjoy beginner-friendly yoga, and mindfulness.

No experience is necessary—just bring a yoga mat and get ready to **stretch**, **smile**, and make some **furry friends!**



Please note that one guardian per family must attend.

Residents: \$55 per class
Non-Residents: \$60 per class

 **Saturday
October 17**
 11:00am - 12:00pm

 **Saturday
November 21**
 11:00am - 12:00pm

 **Saturday
December 12**
 11:00am - 12:00pm

 There will be plenty of opportunities to interact and take photos with the dogs!

Dance with Me

INTRO TO BALLET & TAP

Parent/caregiver and child pairs will explore beginner ballet and tap while building coordination, confidence, and social skills. The session concludes with a short performance for family and friends.



Ages: 2- 4



Wednesdays
Oct 7 - Dec 9



5:30pm - 6:15pm



Resident: **\$95**
Non-Resident: **\$115**



Tap shoes are required for children.



Intro to HIP HOP FOR PRE-TEENS

Learn the basics of Hip Hop and Jazz while having fun in a high-energy class! Each session includes a warm-up, technique practice, and traveling across the floor before learning a dance combination set to music. Routines may build from week to week or change to keep things fresh and exciting.



Ages: 8 - 13



Wednesdays
Oct 7 - Dec 9



6:15pm - 7:00pm



Resident: **\$95**
Non-Resident: **\$115**

**DANCE
LIVE
INSPIRE**

Participants should wear clean sneakers or jazz shoes and comfortable, fitted athletic clothing

JUNIORS: TENNIS



DATES

Tuesdays: September 8 - September 29

Wednesdays: September 9 - September 30

Thursdays: September 10 - October 1



TIMES

Red Ball (Ages 4-6) - 5:30 - 6:30pm

Orange Ball (Ages 7-10) - 5:30 - 6:30 or 6:30 - 7:30

Yellow Ball (Ages 11-18) 6:30 - 7:30

RESIDENTS: \$94.00 | NON-RESIDENTS \$114

Tennis is a sport for life!

Players of all ages will learn fundamental skills, footwork, and game strategy in a fun, supportive environment.

Participants are grouped by age and ability using the Quick Start Tennis Program.

SKYHAWKS MULTI-SPORT TOTS

Give your little superstar an awesome first step into sports!

Through fun, age-appropriate games and activities, kids build coordination, fitness, confidence, and sport skills while exploring baseball, basketball, and soccer.

Parent participation is required for ages 2 & 3.

ROOKIES

2 year olds



Fridays
Sept 25 - Oct 30



9:15am - 10:00am



Residents: \$129
Non-Residents: \$149

ALL STARS

3 year olds



Fridays
Sept 25 - Oct 30



10:15am - 11:00am



Residents: \$129
Non-Residents: \$149

LEGENDS

4 year olds



Fridays
Sept 25 - Oct 30



11:15am - 12:00pm



Residents: \$129
Non-Residents: \$149

SKYHAWKS - SOCCER TOTS

Kickstart a passion for soccer with Soccer Tots, an active, game based introduction for young athletes. This program enhances motor skills and self-confidence with engaging activities that focus on developing core soccer skills and introducing friendly competition.

Parent participation is required for ages 2 & 3.

CUBS

2 year olds



Fridays
Nov 6 - Dec 18



9:15am - 10:00am



Residents: \$129
Non-Residents: \$149

BEARS

3 year olds



Fridays
Nov 6 - Dec 18



10:15am - 11:00am



Residents: \$129
Non-Residents: \$149

GRIZZLIES

4 year olds



Fridays
Nov 6 - Dec 18



11:15am - 12:00pm



Residents: \$129
Non-Residents: \$149



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

NURSERY NINJAS



Ages: 2 yrs 9 m - 5 yrs 11m

Movement, mindfulness, social skills, and confidence for preschoolers!



Thursdays

Session I Oct 1 - Oct 22

Session II Oct 29 - Nov 19

Session III Dec 3 - Dec 31



9:00am - 10:00am



Residents: \$198

Non-Residents: \$218

Veteran preschool teacher and Ninja Fit instructor Barb LeBlanc leads little ones through obstacle courses, balance challenges, beginner gymnastics, yoga, and mindfulness. Each class includes free play and socialization.

NINJA-FIT

Ninja Fit is a unique class that teaches a mix of **parkour** and **gymnastics** while focusing on fun and fitness.

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



Thursdays

Session I Oct 1 - Oct 22

Session II Oct 29 - Nov 19

Session III Dec 3 - Dec 31



Tuesdays

Session I Oct 6 - Oct 27

Session II Nov 3 - Nov 24

Session III Dec 1 - Dec 22



4:30pm - 5:00pm



Residents: \$125

Non-Residents: \$145



Ages: 6-12



Thursdays

Session I Oct 1 - Oct 22

Session II Oct 29 - Nov 19

Session III Dec 3 - Dec 31



Tuesdays

Session I Oct 6 - Oct 27

Session II Nov 3 - Nov 24

Session III Dec 1 - Dec 22



5:00pm - 5:45pm



Residents: \$135

Non-Residents: \$155

Yoga for Youth

Yoga is a practice that connects the body, breath and mind.
Regular yoga practice can promote endurance, strength, calmness, flexibility and well-being.

Mindful Movers YOGA FOR PRESCHOOLERS

We will explore simple yoga poses and develop basic body control through games, stories, and music. Easy relaxation techniques will be introduced.

-  Ages: 3 - 5
-  **Friday**
Session I Oct 2 - Oct 23
Session II Oct 30 - Nov 20
Session III Nov 27 - Dec 18
-  4:30pm - 5:00pm
-  Resident: **\$125**
Non-Resident: **\$145**

 Ages: 6 - 10

 **Friday**
Oct 2 - Oct 23

 5:00pm - 5:30pm

 Resident: **\$140**
Non-Resident: **\$160**

Pokemon Yoga

Pokemon trainers: come move your body and calm your mind using Pokemon-themed activities and yoga poses. This beginner class is designed for kids ages 6-10 and includes games, movement, and mindfulness.



CALLING ALL SUPERHEROES!

Come move your body and calm your mind using superhero-themed activities and yoga poses. This beginner class is designed for kids ages 6-10 and includes games, movement, and mindfulness.

-  Ages: 6 - 10
-  **Friday**
Oct 30 - Nov 20
-  5:00pm - 5:30pm
-  Resident: **\$140**
Non-Resident: **\$160**

Therapeutic Recreation Programs

Quick Glance

Programs

TR Afternoon Club

TR Handbells

TR Walking Club

Friday Night Shenannigans



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

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



Ages: 14 - 25



Tuesdays
Sept 22 - Dec 8



2:00pm - 4:00pm



Residents: \$198
Non-Residents: \$218



TR HANDBELLS

Participants will learn holiday songs on handbells with volunteers, then perform at local venues and events. Each person plays one bell (one note) at the designated time to create the music. Sessions include 45 minutes of practice and 15 minutes of music activities.

Mara Weed returns to help lead The Snowbells!



Ages: 12+



Thursdays
Nov 5 - Dec 3



4:30pm - 5:30pm



Residents: \$88
Non-Residents: \$108

TR WALKING CLUB

Looking to get moving and socialize? Join us for a casual walk on Bartlem Park's paved trails. Our 1.5-2 mile pace is welcoming to all walking abilities, with a fun "walk and talk" atmosphere. Enjoy the benefits of fresh air, movement, and connecting with others!



Ages: 12+



Wednesdays
Sept 23 - Dec 9



4:30pm - 5:15pm



Residents: \$100
Non-Residents: \$120



TR FRIDAY NIGHT SHENANIGANS

Kickball

Come play kickball with the gang! We'll play a traditional kickball game, enjoy a cold soda after the game and an ice cream.



September 25



5:30pm - 6:30pm



Residents: \$25
Non-Residents: \$30

Bowling

Bowl the night away at Highland Bowl! Popcorn will be provided.



October 9



5:00pm - 6:30pm



Residents: \$25
Non-Residents: \$30

Halloween Party

Come to a Halloween Party with your friends.



October 30



6:00pm - 7:30pm



Residents: \$25
Non-Residents: \$30

Movie Night

We'll meet at the Southington Movie theatre and see a wholesome movie as a group!



November 13



6:30pm - 8:30pm



Residents: \$25
Non-Residents: \$30

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



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.

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.

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)

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.

TO REGISTER FOR
PROGRAMS



SCAN HERE



Looking for other Departments?

ArtsPlace	(203) 272 - 2787
Pool	(203) 271 - 3208
Public Works	(203) 271-6650
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

