

## **DIRECTOR'S NOTE**

*Recreation is a wonderful outlet that we all need to help us stay healthy and a way to reduce stress in this fast paced world. So, come on everyone! Let's get motivated and get out and do something new!! Take the time to experience life! It goes by way too fast. Please feel free to contact us should you see anything that we may have overlooked or have an idea for a new program*

*We hope that you take advantage of some of the opportunities listed here. Take pause and look around, the world holds many wonderful sights and experiences. We look forward to serving you and planning the many opportunities in our booklet. Visit our website !!*

[www.madisonct.org](http://www.madisonct.org)

Scot A. Erskine CPRP, CYSA  
Director of Recreation

## **BEACH AND RECREATION COMMISSION**

Tom Banisch, Chairman  
Jeffrey Rosenberg, Vice Chairman  
Scott Zimmerman, Secretary  
Katherine Lawton  
Paul Maxwell

## **BEACH AND RECREATION STAFF**

Scot A. Erskine, CPRP, CYSA, Director  
Linda Y. LaSance, CPRP, Assistant Director  
Carrie Gazda, CPRP, Recreation Supervisor  
Anna Costin, Administrative Secretary  
Barbara Sabiston, After School Program Coordinator

## **LOCATION OF DEPARTMENT**

**To serve you our office hours are Monday through Friday, 8:30 a.m. to 4:00 p.m. and we are located at the Town Campus in Town Hall, 8 Campus Drive, Madison. Our telephone number is 203-245-5623.**

**Offices will be closed on the following dates:**

12/23, 12/26, 1/2, 1/16, 2/20, 4/6

## **DEPARTMENT MISSION STATEMENT**

Strive to employ and retain an outstanding workforce of professionals and trained volunteers and obtain cooperative utilization of community resources.

Provide leadership and vision by monitoring trends, evaluating services, and designing for the future.

Improve the community by providing equal accessibility to all citizens, bringing people together, and building positive relationships among a diverse population.

Create an environment that develops the mind and body by combining recreational, natural, and cultural resource principles while instilling values and responsibilities promoting good citizenship and leadership skills.

Ensure a safe and well-maintained leisure service delivery system that will improve and enrich the community through diverse programs and services within available resources.

## **Americans with Disabilities Act (ADA) of 1990.**

The Town of Madison does not discriminate on the basis of disability in admission to, access to, or operations of its programs, services, or activities. The Town of Madison does not discriminate on the basis of disability in its hiring or employment practices. Questions, concerns, complaints, or requests for additional information regarding the ADA may be forwarded to Madison ADA Coordinator:

**Manager of Human Resources  
Town of Madison,  
8 Campus Drive, Madison, CT 06443  
(203) 245-5602**

Individuals who need auxiliary aids for effective communication in programs and services of the Town of Madison are invited to make their needs and preferences known to the ADA Coordinator.

## DEPARTMENT POLICIES

Program schedules, fees and descriptions are as complete as possible. However, it is sometimes necessary to change instructors, dates, times, place or program content. Changes will not be made unless absolutely necessary and your understanding will be appreciated.

Additional materials and/or equipment may be required for some programs. Please check the program's description for information on material needs.

Only those enrolled in the programs may attend. Sorry, but "visitors/family" will not be permitted in the classrooms unless invited by the instructor. Please understand that we cannot run programs with insufficient enrollment. Classes can be canceled because of lack of enrollment. Please register early to avoid disappointment for yourself (and the instructor)!

Payments must be made in full at time of registration

There will be a \$20 charge for all returned checks by bank.

Children must be the proper age before or within the duration of the program.

Sorry phone reservations for programs or facility rentals are not accepted.

## Cancellations/Postponements

In the event of inclement weather and you are questioning whether a class is being held or not, please tune in to WELI 960AM, KC 101 FM, WTNH Channel 8 and WFSB Channel 3. We will also place cancellations on our weather information hotline: 203-245-5600 – ext 7411.

## REGISTRATION PROCEDURES

Rolling Admission –

We accept cash, check and now credit cards (Mastercard, Visa and Discover for your convenience.

Sorry, but we do not pro-rate our class fees. Fees listed are to cover the costs of our instructors and overhead.

Remember to complete the registration form in its entirety and use additional paper if necessary. When you receive your receipts, look them over carefully and notify the office immediately if an error has been made. Thank you for your cooperation.

Registrations will be taken on a space availability basis and on a first-come, first served basis.

## OUT-OF-TOWN PARTICIPATION IN PROGRAMS AND TRIPS

Registrations will be accepted before start of program if space is available. There is an additional charge of \$5 for programs costing \$20 or less; and a \$10 additional charge for programs costing more than \$20. These charges do not apply to Bauer Park or Rockland Preserve programs.

## TO REGISTER ON-LINE

Visit our website at [www.madisonct.org](http://www.madisonct.org) and click on Beach and Recreation Department link. New visitors to our site will be asked to complete certain information and submitted to our secure servers once approved an email will be sent with a username and password to enter the site. This may take a day or two (especially on a weekend) so please do this well in advance of any programs starting date in order for you to be able to register in time. For your convenience, registrations are now accepted 24 hours a day. – Mastercard, Visa, Discover are now being accepted both in person and on-line.

## PRICING

In response to the current economic climate we now offer quantity discounts. All registrations from the same household for any listed program with the exception of trips and special events will be discounted 50% after the first two full price registrations. We value your participation in our programming and thank you for your continued patronage.

## TO REGISTER BY MAIL

Please state name, address, phone number, program title and program number. Give parental permission for children under age 18.

Make check payable to TOWN OF MADISON and mail to:

Town of Madison

Beach and Recreation Department

8 Campus Drive, Madison, CT 06443

## REFUND POLICY

Since programs are generally self-supporting and commitments need to be made to instructors and staff, the following is the Department's refund policy. Before you send in your registration, please read this policy.

1. To avoid classes being cancelled at the last minute due to low enrollment, refund requests must be made one week (7 working days) in writing before the scheduled starting day of the program.
2. A \$10 fee will be charged for program withdrawals. Full refunds will be given upon request for medical reasons that occur before and up through the first week of the program.
3. Once the decision has been made to run a particular program, no refund will be given, unless a substitute can be found by this department, minus a \$10 processing fee, or there is a medical emergency and a doctor's note which must be provided.
4. Refunds will be given automatically if a program is canceled due to insufficient registration or for causes beyond the control of the Department.
5. Due to the need to pre-pay for tickets refunds will not be given on trips, special events or season tickets or passes unless a replacement is found to take your space.

**OOPS!** The department apologizes in advance for any mistake you may find in this brochure. Due to the continuous program information updates, rescheduling issues, as well as other circumstances, some information is subject to change or errors may occur. Thank you again, in advance, for your cooperation and understanding in this matter.

### **ROCKLAND PRESERVE INFORMATION**

Visit the Rockland Preserve website for up to date information on the property. [www.madisonct.org/rocklandpreserve/guides.html](http://www.madisonct.org/rocklandpreserve/guides.html)

### **BAUER PARK INFORMATION**

Visit the Bauer Park website for up to date information on the property. [www.madisonct.org/bauerpark.html](http://www.madisonct.org/bauerpark.html)

## FITNESS / GYM PASSES

Required for use of the Town Campus Gym and Exercise room year-round. Guest privileges do not apply to the Town Campus Gym or Fitness Room. Purchase at Recreation Department or by mail.

Prices for one year from date of purchase are:

Adult \$80 (Ages 21 – 59)

Youth \$20 (Ages 16 – 20)

Senior Citizen \$20 (Ages 60+)

4<sup>th</sup> grade – 15 yrs- Free – Student ID – **does not entitle use of fitness room – only gym.**

### **Open Gym / Fitness Room Fall Hours**

**Hours in effect December 1, 2011**

Monday Through Friday 7:30am – 9:00pm

Saturdays 8am-1:45pm

Fitness Room or gym may be closed when classes are in session. Check schedule at gymnasium office for the most up to date schedule. Fitness room equipment is under a quarterly maintenance schedule contract with an outside Equipment Service firm. We make every effort to report repair issues to this company for their prompt service. We ask for your patience during these times.

### **PASSES BY MAIL**

1. Write names, address, phone number, and type of passes desired.
2. Enclose copy of driver's license (for proof of age) and car registration or tax bill.
3. Enclosed self addressed, stamped envelope.
4. Make checks payable to: Town of Madison

## **Winter/Spring Camp Days**

Day trips during days off from school. Students may be dropped off at 7:00 a.m. and must be picked up by 6:00 p.m. For ages 5-12. The dates, fees and trips are listed below. Students must bring a lunch (unless otherwise stated) and snacks will be provided. If minimum number is not met, the field trip will be cancelled, but the camp day will run. TRIPS AND TIMES ARE SUBJECT TO CHANGE. MUST REGISTER IN ADVANCE AT THE BEACH AND RECREATION DEPARTMENT!

### **FEBRUARY DAYS – All Days located at Town Campus Gym** **ALL BUS Trips Leave Town Campus at 9:30am**

#### **Nomads Adventure Quest**

Lets spend a day at Nomads, participating n black light mini-golf, bumper cars, rock climbing wall, laser tag and the bounce house. Bring Lunch. Snack will be provided.

Date: 2/21 Day: Tuesday  
Fee: \$45.00

Registration Deadline: February 18

#### **TBD**

Date: 2/22 Day: Thursday  
Fee: \$45.00

Registration Deadline: February 18

#### **Fun Squared - Duck Pin Bowling/ Laser Tag**

We are off for a day of Duck Pin bowling and unlimited Laser Tag. Pizza and drinks for lunch are part of the package.

Date: 2/23 Day: Wednesday  
Fee: \$45.00

Registration Deadline: February 18

#### **Mr. Bungles/Allegra Farms Hay Ride**

Get ready to laugh when the amazing Mr. Bungles comes to visit us at the Town campus Gym with juggling, magic, crazy props and music and we will also have some balloon sculptures. Bring a lunch. Snacks provided.

Date 2/24 Day: Friday  
Fee: \$45.00

## **Mommy & Me Diaper Dancer – Ballet/Tap/Jazz**

Instructed by Melanie Huelsman. Come become a little dancer. All little dancers should wear comfortable clothes or tights and bring tap shoes and ballet/jazz slippers. Combination of Ballet, Tap, Jazz and some tumbling. Held: Town Campus Studio

Dates: 1/10-3/27  
No Class 1/17, 2/21  
Days: Tuesday  
Time: 9:00am-10:00am  
Ages: 2 & 3 years  
Fee: \$75.00

Dates: 1/13-3/30  
No Class 2/24  
Days: Friday  
Time: 9:00 am-10:00 am  
Ages: 2 & 3 years  
Fee: \$82.50

## **Ballet/Tap/Jazz for 4 & 5 year olds**

Instructed by Melanie Huelsman. Come become a little dancer. All little dancers should wear comfortable clothes or tights and bring tap shoes and ballet/jazz slippers. 20 minutes of Ballet, Tap, Jazz. Held: Town Campus Studio

Dates: 1/10-3/27  
No 1/17 or 2/21  
Days: Tuesday  
Time: 10-11am  
Fee: \$75.00

Dates: 1/13-3/30  
No 2/24  
Days: Friday  
Time: 10:00-11:00 am  
Fee: \$82.50

Dates: 1/10-3/27  
No 1/17 or 2/21  
Days: Tuesday  
Time: 1:30 – 2:30pm  
Fee: \$75.00  
Location: Town Campus Studio

## **Childrens Ballroom Dance**

Learn Foxtrot, Swing and Tango. Students will have the opportunity to learn how to move to music through Ballroom Dance as well as building self confidence and poise including the Social Graces. A step forward in another form of education. Classes held at the Gunnar Johnson Select School of Dancing, 786 Boston Post Road, Madison. Instructed by Eileen Johnson, Award Winning Instructor.

Dates: 1/10 – 2/14  
Day: Tuesdays  
Time: 4-5pm  
Fee: \$60

## **Kindergarten Art Escapades Program**

Join artist and teacher Amy Peters for these popular classes. Along with time spent creating arts and crafts, there will be opportunities to play. Activities include puppet-making, tie-dying, nature crafts, pillow making, painting, sculpting with clay, and much more. We'll take walks on the Town Campus nature trails, spend time on the playground, and have use of the gymnasium during free time. This program is open to pre-school age (age 4) to kindergarten (age 7) age children. Held in the Town Campus Activity Room.

Dates: 1/6– 1/27  
Days: Friday  
Time: 9:00 - 11:30 am  
OR 12-2:30pm  
Fee: \$106.00

Dates: 2/3 – 2/17  
Days: Friday  
Time: 9:00-11:30am  
OR 12-2:30pm  
Fee: \$79.00

Dates: 3/5 to 3/30  
Days: Friday  
Time: 9:00- 11:30 am  
OR 12 – 2:30pm  
Fee: \$132.50

## **April Vacation Soccer Tots Adventure**

Participants will learn soccer skills by playing different theme activities each day. UK International Staff, teaches skills by having fun and relating to popular themes such as "Pirates".

Ages: 3 & 4 years  
Dates: 4/16 – 4/20  
Days: Mon – Fri  
Time: 9-10am  
Location: TC Gym/Fields  
Fee: \$68

Ages: 5 & 6 years  
Dates: 4/16 – 4/20  
Days: Mon – Fri  
Time: 10:30am-12pm  
Location: TC Gym/Fields  
Fee: \$87

## **April Vacation Soccer Skills & Thrills**

Technical development & skills building in a stimulating environment. Players will be challenged to consider basic tactical components at an age appropriate level, including attacking and defending principles. Instructed by UK International Staff.

Ages: 7 – 15 years  
Dates: 4/16 – 4/20  
Days: Mon – Fri  
Time: 9am-12pm  
Location: TC Gym and Fields  
Fee: \$137

## **Jr Kickers Mommy/Daddy & Me Ages 2 to 3**

Basic ball mastery is harnessed via multi-directional dribbling and striking. In addition, child interaction and cooperation is actively encouraged as our coaches seek to stimulate greater social skills, sharing and overall team play, giving our preschool pupils the in-built confidence to step away from their parents/caretakers and stand proud on their own two sneakers. It is about now that our classes really have an impact on improving a child's physical dexterity, particularly in the lower limbs and feet through a variety of ball-balancing games. The arrival of these newfound skills paves the way for our pupils to learn how best to move through the gears and how to change direction comfortably with the ball at their feet. Classes held at the Town Campus Gym.

Day: Wednesdays  
Dates: 1/4 to 2/8  
Time: 1:00 to 1:45 pm  
Fee: \$75

Days: Wednesdays  
Dates: 2/29 to 4/4  
Time: 1:00 to 1:45 pm  
Fee: \$75

Day: Thursdays  
Dates: 1/5 to 2/9  
Time: 1-1:45pm  
Fee: \$75

Days: Thursdays  
Dates: 3/1 to 4/5  
Time: 1-1:45pm  
Fee: \$75

## Junior Kickers for Children Ages 3 to 5 Years

With more basic options now at their disposal our next task is to couple the child's blossoming physical and social confidence with a greater grasp of how to read the beautiful game. Shielding, first touch play and defensive positioning are all classic examples of simple skills that over time will become second nature. Add to this memory improvement, problem solving and team awareness and your child will be quickly demonstrating all the hallmarks of a well-rounded individual with a wider appreciation of team play. Classes held at the Town Campus Gym.

Day: Wednesdays  
Dates: 1/4 to 2/8  
Time: 2 to 2:45 pm  
Fee: \$75

Day: Thursdays  
Dates: 1/5 to 2/9  
Time: 2-2:45pm  
Fee: \$75

Day: Wednesdays  
Dates: 2/29 to 4/4  
Time: 2 to 2:45 pm  
Fee: \$75

Day: Thursdays  
Dates: 3/1 to 4/5  
Time: 2-2:45pm  
Fee: \$75

## Children's Acting Classes

### Instructors: Performing Arts Programs Staff

The acting program runs for even weeks, meeting once a week excluding any skip dates. These classes are specifically designed to help students build confidence and inspire their imagination in a supportive environment. Some topics and activities include theater games, improvisational exercises, acting terminology, concentration exercises, voice and speech, sense memory, subtext, stage skills and basic script work. An informal performance will be held at the end of the week. Class are located at the Memorial Town Hall, Upper Level.

Day: Tuesday  
Dates: 2/7 to 3/27 (Skip 2/21)  
Grades: K to 2  
Time: 5:00 to 5:45 pm  
Fee: \$120

Day: Tuesday  
Dates: 2/7 to 3/27 (Skip 2/21)  
Grades: 3 to 6  
Time: 5:50 to 6:40 pm  
Fee: \$120

## Winter Futsal Clinics With Everson Soccer

Classes will focus on Futsal Tactics such as speed of play, 1 vs 1, attacking and defending, combination play. Techniques that will be focused on are Individual Attention, foot skills, first touch and receiving, shooting and finishing, quick reflex and fast thinking.

Days: Sundays

Dates: 12/4 to 2/5

Ages 5 to 7 1-2pm

Ages 8 to 10 2-3pm

Ages 10 to 12 3-4pm

Ages: 12 to 14 4-5pm

Ages: 15 to 17 5-6pm

Fee: \$165

Fee for entire 16 week session \$275

Days: Sundays

Dates: 2/12-4/8 Skip 2/19

Ages: 5 to 7 1-2pm

Ages: 8 to 10 2-3pm

Ages: 10 to 12 3-4pm

Ages: 12 to 14 4-5pm

Ages: 15 to 17 5 – 6pm

Fee: \$165



**1<sup>st</sup> and 2<sup>nd</sup> Grade Clinic Program** - Instructed by Coach Rob and staff of Future Stars Academy. For boys and girls, this clinic will cover ball handling, dribbling, Shooting, passing and lay-ups. There will be controlled scrimmaging. All players have equal play, emphasizing rules and teamwork.

Dates: 1/7-2/11

Days: Saturday

Time: 3:45 – 4:45pm

Fee: \$75.00

Place: Town Campus Gym

Dates: 1/7-2/11

Days: Saturday

Time: 5-6pm

Fee: \$75.00

Place: Town Campus Gym

## KEMPO KARATE CLASSES

### Instructor: Sensei John Escobales 1st Degree Blackbelt

All students, regardless of age, will learn self-defense and Kempo basics, such as self-respect, self control and self discipline. These basics will be learned through martial arts exercises and games that teach and enhance skills in coordination, balance, endurance, patience and confidence. Students should come to class prepared to learn and have fun!!

### Wednesdays

#### Returning Students (5 to 12 years)

Dates: 1/11-3/28 (No class 2/22)

Day: Wednesday

Time: 4:30–5:30 pm

Fee: \$143.00

Held: Town Campus Studio

#### Advanced Students (5 to 12 years)

Dates: 1/11-3/28 (No class 2/22)

Day: Wednesday

Time: 5:30–6:30 pm

Fee: \$170.50

Held: Town Campus Studio

#### Teen & Adult Students (13 and up)

Dates: 1/11-3/28 (No class 2/22)

Day: Wednesday

Time: 6:30–7:30 pm

Fee: \$170.50

Held: Town Campus Studio

### Fridays

#### New Students (5 to 12 years)

Dates: 1/13-3/30 (No class 2/24)

Day: Friday

Time: 4:30–5:30 pm

Fee: \$115.50

Held: Town Campus Studio

#### Returning Students (5 to 12 years)

Dates: 1/13-3/30 (No class 2/24)

Day: Friday

Time: 5:30–6:30 pm

Fee: \$143.00

Held: Town Campus Studio

#### Advanced Students (5 to 12 years)

Dates: 1/13-3/30 (No class 2/24)

Day: Friday

Time: 6:30–7:30 pm

Fee: \$170.50

Held: Town Campus Studio

## Rugby Club Informational Meeting

Join us for an informational meeting to learn more about our High School Rugby Club. This meeting will be for parents and potential club members who want to obtain information about the sport and what the Club is all about. Meet the coaches and gain valuable knowledge about the great sport of Rugby. The club is for male students in grades 9-12.

Date: 1/12/12

Day: Tuesday

Time: 6:00 to 8:00 pm

Place: Memorial Town Hall, Upper Level

## Rugby Club

This league is for boys in grades 9-12. Practices will be Tuesday, Wednesday and Thursday with games on select Sundays. (Unless schedule is changed from last year!) Be sure to attend the informational meeting on 1/12/2012 at the Memorial Town Hall 6-8pm.

Dates: 3/8-June (skip April Vacation days)

Days: Tuesday, Wednesday, Thursday

Time: 2:30pm-4:00pm

Place: Town Campus gym in March, Exchange Field, Surf Club

Fee: \$155, Includes registration to USA Rugby, uniforms, referees, team registration and dues and transportation to away games.

**Registration Deadline is March 1, 2011. Late registration will result in player registering themselves online, with USA Rugby, to be eligible to play. This will cost an additional fee of \$20 and will have to be paid by mom or dads credit card.**

## Coach Niekrash's Winter Softball Clinic

Great softball players develop their skills during the off-season. The basics, strategies and rules of the game will be taught. Players will also be engaged in games, skill contests and numerous fun type softball related activities. Held at the Polson Gym. **Instructor: Coach Niekrash**

Days: Monday thru Thursday  
Dates: 3/12-3/15 (16<sup>th</sup> make up)  
Fee: \$60.00  
Grades: 5-8  
Time: 5:00pm-6:30pm  
Place: Polson School Gym

Days: Monday thru Thursday  
Dates: 3/12-3/15 (16<sup>th</sup> make up)  
Fee: \$60.00  
Grades: 9-12  
Time: 6:30pm-8:00pm  
Place: Polson School Gym

## Junior Indoor Golf Leagues

### With Jon C. Wilson, PGA Golf Program Professional

Two player teams will complete a 9 hole round each week. The courses will be preselected so that teams may schedule practice rounds. Teams will consist of two players. Teams will play a different preselected course each week and have an entire week to complete and post their scores.

Format: Week (1) and (4) – Better Ball of Two (9) holes.  
Week (2) and (5) Alternate Shot (5) holes  
Week (3) and (6) Combined Score (9) holes

Practice rounds will be charged at regular posted rates. Will be held at the new Indoor Golf Simulator in Madison at the Sound Approach Golf Academy 7 Studio.

#### Session One

Ages: 7 to 15 years  
Days: optional  
Dates: 1/2 to 2/12  
Fee:\$30 per person

## Baby Sitting Seminar

Instructors: Women's Club of Madison (Class size Limited)

The Women's Club of Madison, in coordination with the Madison Beach & Recreation Department, sponsors a four-week babysitting seminar. This how-to babysitting class is for boys and girls ages 11 thru 13. Students **MUST** attend all classes in order to receive a certificate. **No use of Electronic devices allowed during class. These items will be taken and returned after class.** Register at the Beach and Recreation Office.

Dates: 3/7, 14,21,28  
Days: Wednesdays  
Time: 6:30pm-8:00pm  
Ages: Girls and Boys ages 11-13  
Fee: \$25 (Reinvested towards Madison needs)  
Place: Polson School Cafeteria



**Friends of Rockland Preserve** - Do you enjoy hiking at Rockland? Do you enjoy being outside in the wilderness and are interested in nature? Then we are looking for you. Be a Friend of Rockland Preserve. We need trail stewards, hike leaders and helpers for numerous tasks at the preserve. If you think being a Friend of Rockland Preserve interests you, please contact the Madison Beach and Recreation Department for further information 245-5623.

Contact Carrie at [gazdac@madisonct.org](mailto:gazdac@madisonct.org) if you wish to be on our email list for upcoming programs and events.

## ADULT SPORTS AND FITNESS PROGRAMS

### New!! Adult Tai Chi

Tai Chi is a gentle and profound way of nourishing body, mind and spirit. It is a moving meditation based on principles of traditional Chinese medicine, martial arts and the teachings of the Tao Te Ching. Practicing the slow movements can improve health, vitality, balance, concentration and mindfulness. I

#### Session A

Day: Mondays

Dates: 11/28 to 12/19

Time: 9-10am

Fee: \$53 residents

\$58 Non residents

Instructor: S. Hanley

#### Session B

Day: Wednesdays

Dates: 11/30 to 12/28

Time: 9-10am

Fee: \$66 residents

\$71 non residents

Instructor: S. Hanley

#### Session C

Day: Fridays

Dates: 1/6 to 2/3

Time: 9-10am

Fee: \$66 residents

\$71 non residents

Instructor: Luz Shosie

## Ladies Self Defense

This is not a karate class, but a self defense class. This class will show you and teach you how to deal with difficult situations that you may encounter in your daily life. The techniques that you will learn will empower you and give you the self confidence that you need to deal with certain situations which may arise as you go through your daily routines. The class is taught by Bill Severino and Joseph Fusco, who have over 50 years of martial arts experience between them. They present the instruction in a very relaxed and fun environment in which you will learn very valuable skills in order to protect yourself.

### **One Night Crash Course**

Dates: 1/23/12

Days: Monday

Time: 6:- 9 pm

Ages: 16 and older

Location: Surf Club Building

Fee: \$30

## **Adult Indoor Golf League**

Two player teams will complete a 9 hole round each week. The courses will be preselected so that teams may schedule practice rounds. Teams will consist of two players. Teams will play a different preselected course each week and have an entire week to complete and post their scores.

Format: Week (1) and (4) – Better Ball of Two (9) holes.

Week (2) and (5) Alternate Shot (5) holes

Week (3) and (6) Combined Score (9) holes

Practice rounds will be charged at regular posted rates. Will be held at the new Indoor Golf Simulator in Madison at the Sound Approach Golf Academy & Studio.

Session One

Days: Optional

Dates: 1/2 to 2/12

Time: Optional

Fees: \$30 Men & Ladies per person

\$60 per couple

## **☺ Jazzercise – Monday/ Wednesday/ Friday AM**

Instructed by Carol Dyson, RN, Certified Jazzercise Instructor or Certified Jazzercise Instructor. Come and enjoy the #1 dance fitness program in the world. Class includes a 45-minute cardio workout and 15 minutes of muscle toning.

Dates: 1/4-3/2 (no 1/16)

Time: 9:00-10:00 am

Place: Arts Barn

Fee: \$120.00

Dates: 3/5 – 5/4

Time: 9:00-10:00am

Place: Arts Barn

Fee: \$135.00

## **Jazzercise –Tues. and Thurs. AM**

Instructed by Carol Dyson, RN, Certified Jazzercise Instructor or Jazzercise staff. Designed to boost cardiovascular endurance, strength, and flexibility, Jazzercise offers a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing movements. Over the years, millions of people of all ages and fitness levels have reaped the benefits of exercise with Jazzercise.

Dates: 1/3 – 3/1

Time: 9:00-10:00 am

Fee: \$90.00

Place: Arts Barn

Dates: 3/6 – 4/26

Time: 9:00-10:00 am

Fee: \$80.00

Place: Arts Barn

## **☺ Jazzercise - Tuesday and Thursdays PM**

Instructed by Carol Dyson, RN, Certified Jazzercise Instructor or Jazzercise staff. The original dance exercise phenomenon! Each 60-minute class offers a blend of jazz dance and exercise science set to your favorite music – Top 40, jazz, country, funk and classics. Easy to follow, fun choreography includes gentle warm-up, 35 minute aerobic workout, muscle toning and strengthening segment with weights and a stretch finale. Held at Arts Barn pending approval.

Dates: 1/3-3/1

Time: 6:30-7:30pm

Fee: \$90.00

Place: Arts Barn

Dates: 3/6-4/26

Time: 6:30-7:30 pm

Fee: \$80.00

Place: Arts Barn

## **☺ Jazzercise - Circuit Training Saturdays**

Instructed by Carol Dyson, RN, Certified Jazzercise Instructor or Jazzercise staff. Featuring a proven combination of aerobic exercise and strength training with weights, resistance tubes and balls (optional), this workout covers all the fitness bases as you cross train your way to a fit and fabulous look!

Dates: 1/7 - 2/25

Day: Saturday

Time: 9:00-10:00 am

Place: Arts Barn

Fee: \$40.00

Dates: 3/3 – 4/28

Day: Saturday

Time: 9:00-10:00am

Place: Arts Barn

Fee: \$45.00

## Zumba Fitness– It's Fun, it's easy, it's effective!!

Instructed by Colette Mercier – Zumba is exercise in disguise! It's a latin inspired dance fitness class that uses international music and dance rhythms together for the ultimate exercise experience. You do not have to know how to dance to take a Zumba Class. We create a non-competitive [arty atmosphere where students can interpret the dance rhythms in their own way.

Ages: 15 years and up  
Dates: 1/12 to 2/16  
Day: Thursdays  
Time: 5:15-6:15pm  
Fee: \$72  
Location: TC Dance Studio

Ages: 15 years and up  
Dates: 3/1 to 4/12  
Day: Thursdays  
Time: 5:15 – 6:15pm  
Fee: \$84  
location; TC Dance Studio

Ages: 15 years and up  
Dates: 4/26 to 6/14  
Day: Thursdays  
Time: 5:15 – 6:15pm  
Fee: \$96  
Location: TC Dance Studio

## Mindful Mat Pilates

Come join Mat Pilates designed for all ages. A series of specific movements designed to improve your strength and flexibility and reshape your body. Pilates strengthens your core abdominal and back muscles, increases flexibility and improves posture. The non-impact exercise eliminates stress on joints and provides a total body workout that is safe and effective for all ages. Exercises will be leveled to meet individual needs (beginner, intermediate). Intermediate sessions are for individuals with prior Pilates experience. Held at the Town Campus Gym Aerobics Room. Please bring an exercise mat and towel.  
**Instructor: Jennifer McManus, RN, Certified Pilates instructor and Certified Exercise Specialist ACSM.**

Dates: 1/9 to 2/13 (skip 1/16)  
Days: Mondays  
Time: 8:15-9:15am  
Level: Intermediate/Advanced  
Fee: \$60

Dates: 1/9 to 2/13 (skip 1/16)  
Days: Mondays  
Time: 9:30-10:30am  
Level: Beginner/Intermediate  
Fee: \$60

Dates: 1/3 to 2/14  
Days: Tuesdays  
Time: 6:15 -7:15pm  
Level: Beginner/Intermediate  
Fee: \$84.00

Dates: 1/4 to 2/15  
Days: Wednesday  
Time: 9:30 – 10:30am  
Level: Beginner/Intermediate  
Fee: \$84.00

Dates: 2/27 to 4/9  
Days: Mondays  
Time: 8:15-9:15am  
Level: Intermediate/Advanced  
Fee: \$84.00

Dates: 2/27 to 4/9  
Days: Mondays  
Time: 9:30 – 10:30am  
Level: Beginner/Intermediate  
Fee: \$84.00

Dates: 2/28 to 4/10  
Days: Tuesdays  
Time: 6:15 – 7:15 pm  
Level: Beginner/Intermediate  
Fee: \$84.00

Dates: 2/29 to 4/11  
Days: Wednesdays  
Time: 9:30 – 10:30am  
Level: Intermediate/Adv  
Fee: \$84.00

## Core Strengthening & CV Fitness Class

This fitness program incorporates Pilates principles into a fast paced workout to improve your cardiac fitness level as well as strengthen, tone and improve your balance. Students spend 50% of this class on the Stability Ball. This high energy class will utilize weights, large ball, small ball, and the band to create a challenging and unique fitness experience. Each class will include a warm-up and cool down. Each student will need their own large ball. Call instructor at 203-318-0667. All students must bring an exercise mat and towel. **Instructor: Jennifer McManus, RN, Certified Pilates instructor and Certified Exercise Specialist ACSM.**

Dates: 1/4 to 2/15  
Days: Wednesdays  
Time: 8:15 to 9:15 am  
Level: Intermediate/Advanced  
Fee: \$84

Dates: 2/29 to 4/11  
Days: Wednesdays  
Time: 8:15 to 9:15 am  
Level: Intermediate/Advance  
Fee: \$84

Dates: 1/5 to 2/16  
Days: Thursdays  
Time: 6:30 to 7:30 pm  
Level: Intermediate/Advanced  
Fee: \$84

Dates: 3/1 to 4/12  
Days: Thursdays  
Time: 6:30 to 7:30 pm  
Level: Beginner./Intermediate  
Fee: \$84

## Therapeutic Mat Pilates

This class is for the beginner student with no prior Pilates experience or for those individuals that want a class that begins with the basics. Individuals with special medical conditions are also suitable for this class. Please call the instructor to discuss any special medical conditions ahead of time – 203-318-0667. Therapeutic Mat Pilates class is designed to provide the individual with a balanced workout to improve core strength, increase upper body strength, develop spinal flexibility and improve postural alignment. Breath-work and visual imagery are two of the Pilates principles incorporated into each class, as well as balance and light weight work. Students will leave each class feeling energized and invigorated. Class size will be kept small. Students can progress to other classes offered as per instructor's recommendations. All participants need to bring an exercise mat and a towel. **Instructor: Jennifer McManus, RN, Certified Pilates instructor and Certified Exercise Specialist ACSM.**

Dates: 1/5 to 2/16  
Days: Thursdays  
Time: 8:45 – 9:45am  
Level: Beginner/Modified Beginner  
Fee: \$105

Dates: 3/1 to 4/12  
Days: Thursdays  
Time: 8:45 -9:45am  
Level: Beginner/Modified Beginner  
Fee: \$105

## ☺ Painting Studio: Program

Painting studio for intermediate and advanced artists using any medium. No formal instruction provided. Periodic group critiques. Artists must provide their own supplies and equipment.

Dates: 1/3-2/21

Days: Tuesdays

Time: 9-12 pm

Place: Memorial Upper Level

Fee: \$40.00

Dates: 4/24-6/12

Days: Tuesdays

Time: 9-12pm

Place: Memorial Hall Upper Level

Fee: \$40.00

Dates: 2/28 – 4/17

Days: Tuesdays

Time: 9-12 pm

Place: Memorial Hall Upper Level

Fee: \$40.00

## ☺ Watercolor Studio

Morning painting time for congenial group of experienced watercolor artists. No formal instruction. Group critique begins each session. Artists provide own supplies and inspiration. Class monitor is Joan McPherson.

Dates: 1/4-3/14

Days: Wednesday

Time: 9-12 pm

Place: Memorial Hall Upper Level

Fee: \$60.50

Dates: 3/21-5/23

Days: Wednesday

Time: 9-12 pm

Place: Memorial Hall Upper Level

Fee: \$55.00

## ☺ Adult Ballroom Dance

**Instructor: Gunnar Johnson – Award winning Instructor**

Please join us in learning the basic steps in Foxtrot Swing and Latin dance. This is an opportunity to get to gain self confidence on the dance floor whether you are at a wedding or dance event. A time for you to become your own dancing star. A new way to enjoy exercise while having fun moving to music. **All classes held at the Gunnar Johnson School of Dance – Monroe Building - Downtown Madison.**

Day: Thursdays

Dates: 1/12 to 2/16

Time: 7:00pm-8:00pm

Level: Beginners

Fee: \$116.00 per couple

Fee: \$58 per single

## Getting Paid to Talk

### Making Money with Your Voice

This class is an introduction to professional Voice Over work. Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo and how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lot's of fun, and a great first step for anyone interested in voice acting professionally. Space is limited and registration closes one week prior to class, so register early! Instructor: Voice Coaches

Day: Wednesday

Date: 2/28

Time: 6:30 to 9:00 pm

Ages: 18 and Older

Location: Memorial Hall, Lower Level

Fee: \$30

For more detailed information on this class please go to

<http://www.voicecoaches.com/gptt>

## ☺ Basic Dog Obedience

Instructor: Marian Smith of Canine Encounters Classes teach dog owners to teach their dogs. Classes provide socialization through a group setting and enhances the relationship between owner and dog through partnership, which is developed during training. Communication, positive reinforcement, repetition, consistency, and timing are combined to establish bonding and skills. The basic commands sit, stay/wait, down, heel, the recall (come when called), and stand are taught in a positive and fun atmosphere. The goal is not a controlled pet but rather a well-mannered, enjoyable and loved companion that is included in our lives.

**IMPORTANT NOTE:** Your dog will not be allowed to the training until proof of current vaccinations is provided. Please do NOT bring your dog to the first class. For dogs age 6 months to adult. Held Surf Club Main Room. Weather make-ups may be held on Thursdays.

Dates: 3/20-4/24

Day: Tuesday

Time: 6:00-7:00pm

Fee \$94.00

Dates: 5/1-6/5

Day: Tuesday

Time: 6:00-7:00pm

Fee: \$94.00

## ☺ Puppy Obedience

Instructor: Marian Smith of Canine Encounters Puppy class enables owners to provide socialization, the most important aspect in puppy development, through free play with other pups. The class teaches owners to bond and to communicate with their pups. Non-competitive obstacles, puppy massage and discussions are included in class as well as an introduction to the basic obedience commands. **IMPORTANT NOTE:** Your dog will not be allowed to the training until proof of current vaccinations is provided. Please DO NOT bring your dog to the first class. For dogs age 10 weeks to 6 months (smaller breeds may be older). Held at Surf Club Main Room. Weather make-ups may be held on Thursdays.

Dates: 3/20-4/24

Day: Tuesday

Time: 7:15-8:15 pm

Fee \$94.00

Dates: 5/1-6/5

Day: Tuesday

Time: 7:15 – 8:15pm

Fee: \$94.00

## Guilford Coast Guard Auxiliary

### Piloting and Charting

The Piloting and Charting course is the first of three courses on navigation, covering the basics of coastal and inland navigation. This course focuses on traditional techniques so the student will be able to find his/her way even if their GPS fails. The course includes many in-class exercises, developing the student's skills through hands-on practice and learning. Topics covered include but not limited to Charts and their interpretation, Navigation aids and how they point to safe water, Plotting courses and determining direction and distance, The mariner's compass and converting between True and Magnetic, Pre-planning safe courses, The Seaman's Eye simple skills for checking that one is on course.

Day: Thursday

Dates: 3/8, 15, 22

Time: 7:00 – 9:00 pm

Place: Memorial Town Hall Upper Level

Fee: \$60.00

### About Boating Safety (ABC)

Learn boating Safety at a USCG Basic Boating course. This 2 day class fulfills the classroom requirements for the Connecticut Safe Boating Certificate/Certificate of Personal Watercraft Operation. Upon successful completion of this course you will be able to apply to the State of Conn for your certificate. The boating and water safety topics covered are Introduction to Boating, Boating Law - Federal and State of CT, Boat Safety equipment, Safe Boating, Navigation, Boating problems, Trailering, Storing & Protecting your boat, and Hunting, Fishing, Water Skiing & River Boating. Fee: \$60

#### Session One

Dates: 4/19 & 26

Day: Thursdays

Time: 5:30 to 9:30 pm

Place: Memorial Hall Upper Level

#### Session Two

Dates: 5/17 & 24

Day: Thursdays

Time: 5:30-9:30pm

Place: Memorial Hall Upper Level

#### Session Three

Dates: 6/21 & 28

Day: Thursdays

Time: 5:30 – 9:30pm

Place: Memorial Hall Upper Level

## Paddlesmart Safety Course

The Paddle Smart Safety Course is an introduction to safely operating a paddlecraft. This is a four hour course that will introduce you to general information about navigating, safety rules and legal requirements, getting underway with a paddlecraft and how to handle paddlecraft emergencies.

Ages: 14 & up

Date: 3/29

Day: Thursday

Time: 5:30-9:30pm

Fee: \$25

Place: Memorial Hall Upper Level

## Exercise and Relax with Yoga

Instructed by Pat Velleca. Learn Yoga techniques are used to increase circulation and relaxation. Know your body physically and mentally through Hatha Yoga. Yoga postures provide deep tension release, stress control, and an increase in energy. Suitable for all ages and conditions. Loose clothing and mats needed. Memorial Hall Upper Level.

Day: Tuesday

Dates: 1/10-2/21

Time: 3:00-4:00pm

Fee: \$62.00

Day: Thursday

Dates: 1/12-2/23

Time: 3:00-4:00 pm

Fee: \$62.00

## Chair-Exercise

### Instructor: Pat Velleca

Designed for those who need to exercise while seated. Benefits: muscle tone, joint flexibility and cardiovascular strength. Held at Senior Center.

Day: Mon.

Dates: 1/9 – 2/27      No Class 1/16 & 2/20

Time: 10:30am-11:30am

Fee: \$20.00

Day: Friday

Date: 1/6 – 2/24

Time: 10:30am-11:30am      Fee: \$27.00

## **Seniors in Motion**

### **Instructor: Pat Velleca**

Designed for seniors who want more than Chair Exercise, involves some standing. Improve balance, strength and stability. Held at the Senior Center.

Day: Wed.

Dates: 1/4 - 2/29

Time: 10:30am-11:30am

Fee: \$30.00

## **Fitness & Movement**

### **Instructor: Pat Velleca**

Low impact aerobics for mature folks interested in continuing good health. Good cardiovascular workout combined with muscle and joint strengthening. Please Bring Sneakers, cool, comfortable clothing and a floor mat. Held at Senior Center.

Day: Mon.

Dates: 1/9 – 2/27      No Class 1/16 & 2/20

Time: 9:00am-10:00am

Fee: \$20.00

Day: Wed.

Dates: 1/4 – 2/29

Time: 9:00am-10:00am

Fee: \$30.00

Day: Friday

Date: 1/6- 2/24

Time: 9:00am-10:00am

Fee: \$27.00

## **Senior Line Dancing**

### **Instructor: Gayle Melonson**

Learn the latest line dancing steps in this fun and exciting program. Exercise while having fun with friends. All classes held at the Senior Center on Mondays from 2:00 to 3:00 pm,

Dates: 1/9 – 2/13

Fee: \$22.50 Residents \$32.50 Non residents

Dates: 2/27 – 3/26

Fee: \$22.50 Residents \$32.50 Non residents

## **Senior Art Classes**

Instruction in Drawing, charcoal, pastel, watercolor, acrylics and oils. Instructed by local Madison artist Muriel Waldvogel. Held at the Madison Senior Center. List of needed art supplies is available at the Senior Center.

Day: Tuesdays

Dates: 12/6 – 2/21

Time: 1:30-3:30pm

Fee: \$12 Residents

\$17 Non Residents

Day: Tuesdays

Dates: 3/6 – 6/26

Time: 1:30 - 3:30pm

Fee: \$17 Residents

\$22 Non Residents

## **Spanish For Fun**

This is a “Stress Free” course that will focus on learning practical vocabulary for everyday basic needs. Some of the topics that will be covered are: common phrases, clothing, places and parts of the body. Held at Senior Center. Instructed by Elaine Jackson

Day: Monday

Dates: 1/9 – 2/6

No Class: 1/16

Time: 10:30-11:30am

Fee: Free

## **Zumba Gold**

Come party yourself into shape with this Latin inspired, easy-to-follow, calorie burning, dance fitness-party. Feel the music and let loose. Held at Senior Center. Instructed by Donna Scott

Day: Monday

Dates: 11/21 – 12/19

Time: 1-3pm

Fee: \$33 Residents

\$38 Non Residents

Day(s): Monday

Dates: 1/9 – 2/13 No Class 1/16

Time: 6-7pm

Fee: \$33 Residents

\$38 Non Residents

Day: Wednesday

Dates: 1/4- 2/1

Time: 6-7pm

Fee: \$33 Residents

\$38 Non Residents

## **Adult Tai Chi**

T'ai Ch'uan is a gentle and profound way of nourishing body, mind and spirit. It is a moving meditation based on principles of traditional Chinese medicine, martial arts and the teachings of the Tao Te Ching. Practicing the slow movements can improve health, vitality, balance, concentration and mindfulness. Held at the Senior Center.

Day: Mondays

Dates: 11/28 – 12/19

Time: 9-10am

Fee: \$53 Residents

\$58 Non residents

Instructor: S. Hanley

Day: Wednesdays

Dates: 11/30 – 12/28

Time: 9-10am

Fee: \$66 Residents

\$71 Non residents

Instructor: S. Hanley

Day: Friday

Dates: 1/6- 2/6

Time: 9-10am

Fee: \$66 Residents

\$71 Non residents

Instructor: Luz Shosie

## **Solid Gold Fitness**

This unique exercise program combines a stretching, light cardio routine along with weight training that will make you feel wonderful, develop strength, balance, and coordination. More than half of the program is done while you're sitting down. Anyone can do it!! Join us for fun, smiles, great music and effective exercises. Held at Senior Center

Day: Tuesdays

Dates: 11/29 – 12/27

Time: 1-2pm

Fee: \$33 Residents

\$38 Non Residents

Days: Thursdays

Dates: 12/1 – 12/29

Time: 1-2pm

Fee: \$33 Residents

\$38 Non Residents

## **Tap Dance Lessons**

Did you love tap dancing as a child and your mother always told you not to tap in the house? Better yet, you always wanted to tap or just dance and never did...Is tap dancing on your "bucket list"? Well you can tap all you want at our new Senior Center. All you need to do is register for the course, show up and Mardyann will do the rest. She promises you will leave tap dancing the first class! Fun environment, no judgment zone! Work your feet, your body, and brain all at the same time! Open to all capabilities! Men and women, experiences or not. You will need tap shoes(with taps) preferable a heel. Flats will do if needed, (men flats for sure!) comfortable clothing, a good attitude, and a smile. Come join the fun.

Day: Thursdays

Dates: 1/5 – 2/23

Time: 10-11am

Fee: \$39 Residents

\$49 Non residents

Instructed by Mardyann Goglia

## ☺ Senior Basketball

Play a game of hoops with friends. Fun, non competitive basketball games will be played with participants. Recreation Pass required for Madison residents. Held at Town Campus Gymnasium

Dates: 10/11/10 to 4/26/12

Days: Tuesdays and Thursdays

Time: 9:00am-11:00am

Fee: Recreation Pass Required for Residents

Fee: \$15.00 non residents

## ☺ Men's Over 60 Softball League

If you are 55 years or older, we want you on our team. Teams play Tuesdays and Thursdays at the Surf Club. Join the boys of summer and make your summer one you will never forget. Call the Recreation Department to get your name on our list and information will be sent to you when it is available in February or March. If you played this past year we will automatically send you the information. League begins in early April.

## Winter Billiards League

Are you stuck in the house all winter and looking for something else to do during the cold days of winter? If so, join the Senior Center Billiards League and see if you have what it takes to be called a pool shark. Both individual and doubles leagues are now forming for anyone who is age 55 or older. Leagues will begin sometime in January. All games are played in the Senior Center Game Room. Days and times of the league will be determined based on registration. The League will run from January to April. Fee \$5 for Residents, \$10 for Non-Residents. For more information call Joe Petrella, Senior Services Supervisor at 203-245-5627.

## TRIPS AND SPECIAL EVENTS

### Tribute to the Greatest Generation 12/13

Come join us as we travel to La Renaissance in East Windsor as we swing to the Greatest Generation songs from the 30's and 40's. Performed by Jim Fryer. The memorable songs of the era by Glenn Miller, Benny Goodman, Harry James, Duke Ellington, Frank Sinatra and Count Basie. They will also

feature New Orleans Dixieland and traditional seasonal songs and more. Lunch included. Must Register by December 5<sup>th</sup>. Leave Senior Center at 9:30am.

Fee: \$55 per person

### Princess Diana – A Celebration -12/30

Direct from the Althrop Estate in England comes an award winning exhibition featuring more than 150 personal objects celebrating the life and work of Diana, Princess of Wales, including her royal wedding gown, 28 designer dresses, family heirlooms, personal mementos, and rare home movies. Must register by December 20<sup>th</sup>. Leave Senior Center at 9:30am to Foxwoods Casino.

Fee: \$25 per person

### Yale Center for British Art & Lunch at Louis' Lunch – 1/18

Join us for a day in New Haven as we tour the Yale Center For British Art and eat lunch at Louis' Lunch. The Yale Center for British Art holds the largest and most comprehensive collection of British Art outside the United Kingdom, presenting the development of British Art and culture from the Elizabethan period to the present day. The Center's Collection includes 2000 paintings and 200 sculptures from the medieval to the contemporary. Leave Senior Center @ 9:30am .Lunch on your own.

Fee: Free Admission to Museum

### Senior Holiday Party – 12/21

Come celebrate the holiday season on December 21<sup>st</sup> at the Senior Center. Holiday snacks and refreshments will be provided. Please bring a bag lunch or order through the Café. We will also be holding a cookie swap and grab bag program. Interested individuals wishing to participate must pre-register for those programs separately so we know how many will be participating. ( the grab bag will be limited to a \$5.00 maximum gift purchase). Pre-register by December 16<sup>th</sup>.

Time: 12pm

Fee: \$3.00

## **Adopt a Grandchild/ Help a Child Learn to Read**

The Madison Senior Center and Island Avenue School have joined forces and are looking for Seniors who are interested in helping grade school children learn to read. Spend an enjoyable half hour a week being read to by children, discussing stories and making a difference in the lives of students. The program will run on Tuesdays, Wednesdays and Thursdays at various times. If you are interested in helping out, please contact Joe Petrella at the Senior Center 203-245-5627.

### **Bauer Park**

***Winter is a wonderful time to learn more about our environment, whether in the cozy classroom at Bauer Park or outdoors. All programs run rain or shine, and most include time both indoors and out, so be sure to dress for the weather.***

***Pre-registration is necessary to ensure that a class will take place. A minimum of four students is required for programs to run and class sizes are limited.***

***The first two family members pay the full fee, all additional family members pay half price. Gift certificates for Bauer Park programs make great holiday gifts for nature-lovers of all ages!***

***Educational programs can be arranged for school, scout and community groups at Bauer Park, Rockland Preserve and the town beaches. Contact the Beach & Recreation Department for more information.***

Contact Carrie at [gazdac@madisonct.org](mailto:gazdac@madisonct.org) if you would like to be on our email list to receive program information and our quarterly newsletter.

## **Adult and Family Programs**

### **LOCAL OWLS**

Saturday, 1/28  
3:30-5:30 p.m.

Owls are amazing birds of prey. Indoors, participants will learn about their haunts and habits. Before swallowing their prey, owls separate out what they can't digest and toss the pellet out of their roost. By dissecting these sterilized pellets and assembling the bones found in them we will discover what they eat. Then, the group will take owl calls outside to see if we can get our local owls to answer back.

For adults and children 5 years and older. Children must be accompanied by an adult. Instructor: Susannah Graedel

\$5/person

### **LEARN TO I.D. TREES IN WINTER**

Sunday, 1/29  
1:00-3:00 p.m.

Take a walk on the trails of Bauer Park and quickly learn to identify trees without their leaves. Then, warm up inside as we identify species by their unique twigs and buds. Marvel at the beauty of their intricate structures under the microscope.

For adults and high school students. Instructor: Susannah Graedel

\$5/person

### **FAMILY MAPLE SUGARING**

Saturday, 2/25  
12:30-2:00 p.m.

The Bauer farmhouse is framed by two large sugar maples, trees that the Bauer brothers may have used to make maple syrup. Come and learn how maple syrup is made, from tree to table. We'll tap some of Bauer Park's maple trees, taste the sap, and learn how to turn it into syrup (which we'll also taste!). Information on where to acquire sugaring supplies, and when, where and how to tap the maple trees in your own yard will be provided. All ages. Children must be accompanied by an adult. Instructor: Donna Dione

\$5/person

## DISSECT AND DRAW FLOWERS!

Tuesday, 2/28

10:00 a.m. – 12:00 p.m.

Experience the blooms of summer in February! Learn why a daisy is not a flower. Dissect several species of flowers and examine them under the microscope to reveal their intricate beauty. Capture the flowers' secrets by making a scientific botanical drawing. No drawing experience necessary. Instructor holds a certificate in botanical illustration from the New York Botanical Garden.

For adults. Instructor: Susannah Graedel

\$5/person

## GET READY FOR BLUEBIRDS!

Sunday, 4/29

1:00-3:00 p.m.

Bluebirds start nesting in Madison in early spring. Indoors we will learn about what these lovely songbirds need to raise a family. See a video of babies hatching and growing in the nest box. Nest box plans are available. Then tour the Bauer Bluebird Trail to see the birds in action. Learn how to become a bluebird nest box monitor as part of the Cornell Lab of Ornithology citizen science program.

All ages. Children must be accompanied by an adult.

Instructor: Susannah Graedel

\$5/person

## Children's Programs

### OCEAN DETECTIVES

Thursdays, 1/5 - 2/9

The ocean will come to Bauer Park as we learn about plants and animals that live in the sea. From snails to whales, we'll use our senses to discover how marine animals eat, move and protect themselves. Each class includes a story, an art project and hands-on exploration of live and dried specimens. Adult care-givers are welcome, but not required, to attend.

For children in Pre-K and Kindergarten. Instructor: Julie Ainsworth

Morning 9:00-10:30 a.m.

Afternoon 1:00-2:30 p.m.

Fee: \$60

## MADISON NATURE DETECTIVES

Tuesdays, 3/13-4/10

Join us for weekly visits to Madison's great outdoor places. Each week, we'll meet at a different site to explore and discover our town's natural resources. Activities will include scavenger hunts, water studies, games and more, all while learning how the town's ecosystems are interconnected. Directions to each week's site will be sent to participants via e-mail.

For children in Pre-K and Kindergarten accompanied by an adult. Instructor: Julie Ainsworth

Morning 9:00-10:30 a.m.

Afternoon 1- 2:30 p.m.

Fee: \$50

## MINI-EXPLORERS

*Come join in the fun of exploring! We will learn about nature and science through activities such as hiking, singing, games, reading and making crafts. Indoor/outdoor programs – dress for the weather.*

For Preschoolers ages 3-5, accompanied by an adult.

Instructor: Donna Dione

## BIRDS OF WINTER

Friday, 1/13

Discover how birds from chickadees to penguins are adapted to survive in the snow and cold. After going on a winter bird search, make a special treat to take home for the birds in your yard. Bring your binoculars!

Morning 10:00 - 11:00 am

Afternoon 1:00 - 2:00 pm

Fee: \$8

## ANIMAL TRACKS AND TRACES

Friday, 2/10

While it may seem too cold for any living creature to survive outside in February, many animals are scurrying all around our northern forests and fields. Go on a mystery hunt for tracks and other signs of winter animals venturing out in the snow. Create a fun craft to help you remember the tracks you saw.

Morning 10:00 – 11:00 am

Afternoon 1:00 – 2:00 pm

Fee: \$8

## IT'S SUGARING TIME!

Friday, 3/2

Maple trees are waking up as hints of spring arrive at Bauer Park. Learn how to tap the trees and then how to collect the sap to turn it into syrup.

Make a craft to remind you of how special maple trees are.

Morning 10:00 – 11:00 am

Afternoon 1:00 – 2:00 pm

Fee: \$8

## KINDERGARTEN ENRICHMENT

Discover a fun way for your kindergartner to spend the other half of the day. Each class includes a story, game, craft and outdoor exploration. Adult caregivers are welcome, but not required, to attend.

*For children currently in kindergarten.*

Instructor: Julie Ainsworth

## KEEPING WARM

Wednesday, 1/25

How do animals stay warm in the middle of winter? We'll experiment to find the colors and materials that make the best insulators, then look at the many ways animals cope with the cold.

Morning 9:00 - 10:30 a.m.

Afternoon 1:00 - 2:30 p.m.

Fee: \$10

## FEED THE BIRDS

Wednesday, 2/8

How do birds eat without teeth? How does a bird's beak affect the type of food it can eat? Discover what it's like to be a bird hunting for food in the winter, then make your own bird feeder.

Morning 9:00 - 10:30 a.m.

Afternoon 1:00 - 2:30 p.m.

Fee: \$10

## MAGICAL MAPLES

Wednesday, 2/29

What sweet surprise can be made from maple tree sap this time of year? Maple syrup, of course! Discover what it means to tap a tree, taste some sap, and learn how to turn it into syrup.

Morning 9:00 - 10:30 a.m.

Afternoon 1:00 - 2:30 p.m.

Fee: \$10

## WHAT'S FOR LUNCH?

Wednesday, 3/14

From plants to predators, explore the levels of the food chain and construct a food web. Then, to discover what owls eat, we'll dissect owl pellets and assemble the skeletons we find inside.

Morning 9:00 - 10:30 a.m.

Afternoon 1:00 - 2:30 p.m.

Fee: \$10

## AWESOME AMPHIBIANS

Wednesday, 3/28

Amphibians venture out during the first warm rains of spring. Learn about the habits and habitats of frogs and toads, salamanders and newts, then go in search of these secretive creatures.

Morning 9:00 - 10:30 a.m.

Afternoon 1:00 - 2:30 p.m.

Fee: \$10

## FAIRY HOUSES AND WIZARD CASTLES

Wednesday, 4/11

Come hear a story, create your own fairy or wizard, then go on a hunt for nature's treasures. Find the perfect spot in the woods, and use natural materials to build your own special home for magical visitors.

Morning 9:00 - 10:30 a.m.

Afternoon 1:00 - 2:30 p.m.

Fee: \$10

## SQUID DISSECTION

Saturday, 1/7

12:00-1:00 p.m.

Discover the mysteries of this amazing mollusk through hands-on lab activities. Locate the squid's beak, write with its ink and find the shell hidden inside its body. Then learn about the search for the giant squid!

For children in grades 2 - 6.

Instructor: Julie Ainsworth

Fee: \$8

## SHADOW PUPPET PLAY

Saturday, 1/7

1:30-3:00 p.m.

We'll explore the beautiful shadows in nature, and how shadows change according to the angle of the earth to the sun. We'll build shadow puppets of creatures that inhabit Bauer farm and move them in front of lamps and flashlights. Children will also learn how to build a simple shadow box theatre from materials found at home.

For children in grades 2-4.

Instructor: Ellen van Wees

Fee: \$14

## BAUER FARM AND NATIVE AMERICAN INSPIRED CRAFTS

Thursdays, 5/3 - 5/24

3:45-5:15 p.m.

Create magical crafts from nature: twig weavings, twig frames, corn husk creatures and clay pinch pots. We will gather fallen berries, seeds, leaves, bark and twigs from the farm and weave them into our creations. Please wear clothing appropriate for the weather.

For children in grades 2-4.

Instructor: Ellen van Wees

Fee: \$45

## JOIN THE BAUER FARMING CLUB!

*Be part of the Bauer Farming Project when you take part in farm crafts and activities. The Farming Project is a new and fun way for kids and families to get involved in educational and craft activities related to farming. We will learn about the history of farming in Connecticut and how the Bauer land was settled and farmed. Kids will explore everything about sustainable and organic farming from the soil to planting, to harvesting and the best part, eating.*

*See you at the farm!*

## **DOWN ON THE FARM CRAFTS: WOOL FELT LANDSCAPE**

Thursdays, 1/5 or 1/12  
3:45-5:15 p.m.

Get cozy with wool felt. We will transform a shoebox into a shadow box landscape of farm animals and scenes and tell stories with cut out movable felts figures and creatures. Storytelling and music will accompany the workshop. Please bring one shoebox per child.

For children in grades 1-4.

Instructor: Ellen van Wees

Session A January 5

Session B January 12

Fee: \$15

## **DOWN ON THE FARM CRAFTS: MILK CRAFTS**

Saturday, 2/25  
2:30-4:00 p.m.

We will make homemade butter from scratch, starting with fresh cream in a jar! Be prepared for a lot of shaking. There will be singing and music to help it along. This will be followed by buttermilk paintings, using cardboard, buttermilk and chalk.

For children in grades 1-4.

Instructor: Ellen van Wees

Fee: \$13

## **DOWN ON THE FARM CRAFTS: FARM WEAVING AND SEED PAINTING**

Saturday, 3/3  
10:00-11:30 a.m.

Weave grasses, ribbons and old fabrics into small-holed chicken wire to create beautiful farm landscapes that you can hang up at home or give as a charming gift. We will explore how vegetables grow from seeds by “planting” a seed on paper and drawing or painting the vegetable above it and below it.

For children in grades 1-4.

Instructor: Ellen van Wees

Fee: \$13

## **DOWN ON THE FARM CRAFTS: FELTING SOAP**

Saturday, 3/10  
1:30-3:00 p.m.

We will use sheep’s wool from locally raised sheep to make a soft felted cover for a bar of soap. The soap is all natural and locally sourced. It works as soap and a washcloth in one! It makes a lovely present for yourself or someone else.

For children ages 6 and up.

Instructor: Ellen van Wees

Fee: \$15

## **DOWN ON THE FARM SCIENCE: COMPOSTING CLUB, GRADES 2-4**

Mondays, 3/5 – 3/26  
3:45-5:15 p.m.

Bring your own compost material from home (leftover fruits, veggies, bread, egg shells, coffee grounds etc. no meat or fat) to add to our compost pile on the farm. Learn about the amazing transformation from raw leftovers to beautiful rich soil that we then use in our beds on the farm to grow gorgeous fruits and vegetables. We’ll explore worms and tiny organisms that are the super decomposers that do the composting work for us. We will make our own compost in jars that we can study up close and take home.

For children in grades 2-4.

Instructor: Ellen van Wees

Fee: \$42

## **DOWN ON THE FARM SCIENCE: COMPOSTING CLUB, GRADES 5-6**

Tuesdays, 3/6 – 3/20

3:15-4:45 p.m.

Bring your own compost material from home (leftover fruits, veggies, bread, egg shells, coffee grounds etc. no meat or fat) to add to our compost pile on the farm. Learn about the amazing transformation from raw leftovers to beautiful rich soil that we then use in our beds on the farm to grow gorgeous fruits and vegetables. We'll explore worms and tiny organisms that are the super decomposers that do the composting work for us. We will make our own compost in jars that we can study up close and take home.

For children in grades 5-6.

Instructor: Ellen van Wees

Fee: \$32

## **Brown Pond Project Winter/Spring Sessions**

The POND Project (Providing Outdoor Nature Discoveries) is a weekly after-school group for fifth and six graders focused on the Brown School Pond, a Certified Wildlife Habitat and outdoor classroom. Each year we continue the process of exploring, enhancing and developing the educational aspects of this wonderful resource that lies outside school walls.

Days: Fridays

Dates: 1/6, 13, 20, 27

2/3, 10, 17, 24

3/2, 9, 16, 23, 30

4/13, 20, 27

5/4, 11, 18, 25

6/1

Time: 3:00 pm to 4:30 pm

Fee: \$120 per person