

Colchester Recreation

January 2019 Happenings

Colchester Recreation has a lot going on in January! Below are some of the workshops and classes that are being offered to the community. To register for any of the classes, please visit www.ColchesterCt.gov/rec and search by Activity Number.

Some classes start the week of January 7th - Don't miss out, it's not too late to register!

Youth Programs:

Beginner Dance 1

Monday (1/14/19-4/1/19)

4:45PM-5:45PM

Activity #4034

\$95 & \$40 Costume Fee

Wednesday (1/16/19-4/3/19)

4:45PM-5:45PM

Activity #4008

\$114 & \$40 Costume Fee

For students ages 3-5 who have had 0-1 year of dance. Students will develop rhythm and musicality through focus on fundamental techniques in tap, and flexibility, strength, and grace through focus on fundamental techniques in ballet. Following exercises and choreography, students will also get to express themselves at the end of class with a creative movement segment. Taught in a nurturing environment with fun, games, and age appropriate music. Clothing required: leotard and tights, tap and ballet shoes, hair pulled back off the face. Dance Recital will be held on April 5, 2019. Class held in CES Cafe

Beginner Dance 2

Wednesday (1/16/19-4/3/19)

5:45PM-6:45PM

Activity #4009

\$114 & \$40 Costume Fee

CES Cafe

For students ages 5-7 who have done Beginner Dance 1 or have had 1-2 years of dance. This class will focus on beginner/intermediate fundamentals to build rhythm and musicality and to build strength, grace, and flexibility. Taught in a fun, nurturing environment with age appropriate music. Clothing required: leotard and tights, tap and ballet shoes, hair pulled back off the face. Dance Recital will be held on April 5, 2019.

Tap/Jazz

Wednesday (1/16/19-4/3/19)

6:45PM-7:45PM

Activity #4010

\$114 & \$40 Costume Fee

CES Cafe

For students ages 7-10 who have done Beginner Dance 1 and 2, or have had 2-3 years of dance. This class will focus on beginner/intermediate fundamentals of tap & jazz to build rhythm and musicality, as well as strength, grace, and flexibility. Taught in a fun, nurturing environment with age appropriate music. Clothing required: leotard and tights, tap and ballet shoes, hair pulled back off the face. Dance Recital will be held on April 5, 2019.

Little Dragons Martial Arts

Monday & Wednesday (1/7/19-2/6/19)

4:15PM-4:45PM

Activity #4010

360 Defense Martial Arts

\$50, Ages 5-6 years old

See your child develop more focus, self-discipline, respect and self-control in a structured activity. This program is designed to work on life skills while learning practical self-defense. Burn off some energy in a fun structured educational class that offers a "Mat Chat" to develop respect. Meets both on Monday and Wednesday.

Start Smart Basketball

Tuesday (1/8/19-2/5/19)

5:15PM-6:30PM

Activity #3989

CES Gym

\$60, Ages 3-5 yrs old

Children and their parents learn basic basketball skills such as dribbling, passing, ball handling, shooting and agility. Each week the exercises become increasingly more difficult as the children show improvement. Games are played using newly learned skills! Children learn the skills, but have FUN in the process.

ZUMBA for Kids!

Tuesday (1/8/19-3/5/19)

5:30PM-6:15PM

Activity #3985

JJIS Room 79

\$52.00, Ages 4-9yrs old

Kids 4-9 years old get the chance to socialize with friends and jam out to their favorite music. Zumba Kids, Jr classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure. This class helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance, cultural awareness.

Aspiring Young Engineers

Wednesday (1/9/19-1/30/19)

4:00PM-6:00PM

Activity #4003

JJIS Room 120

\$88.00

Aspiring young engineers will use a variety of mediums such as LEGO, KEVA building blocks, Crazy Forts components, recycled materials, salvaged motors and gears, balsa wood and more to explore a unique, customized S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics) curriculum. Using different mediums, participants will learn about and build projects such as model roller coasters, monorails, and scale bridges. With such a variety of materials and topics, students are sure to have a blast while learning through hands-on, minds-on activities! Aspiring Young Engineers is for Grades 3-5 only.

Adult Programs:

Balanced Flow Yoga

Wednesday (1/9/19-3/13/19)

6:00PM-7:00PM

Activity #4019

WJJMS The Commons, \$75.00 or \$10 Drop In

Connect with your body and breath as we settle in, build heat, and flow through this Yin and Kripalu styled yoga class. We'll start with breathing and quieting the mind to allow the body to soften areas of tension and settle into various postures. As class continues we'll build some heat and move more quickly through poses and flows. The class will end with savasana. Leave feeling refreshed, grounded, and balanced. Bring a water bottle and yoga mat.

Gut & Glutes

Wednesday (1/9/19-3/13/19)

7:00PM-8:00PM

Activity #4049

JJIS Room 79

\$67.50 or \$10 Drop In

It's the Gut and Glutes that you used to love, but now longer and without the cardio component! A 50 minute low impact, no cardio class which focuses on tightening and toning your midsection. Burn fat and build muscle with a large variety of movements which work your abdominals, obliques, lower back, hips & glutes. A stronger core leads to a stronger body. All levels welcome. Participants will need to bring a mat, water bottle, and dumbbells (5 or 8 pound weights recommended) and a lot of energy.

Mat Pilates

Monday (1/7/19-3/11/19)

6:00PM-7:00PM

Activity #3987

JJIS Room 79

\$60.00

Whether you're a beginner or experienced practitioner, this mat workout strengthens the core, tones the hips and thighs, and flattens the abs. Each exercise emphasizes breathing, core conditioning, and body awareness. Instructor will pay special attention to alignment and form. Bring a yoga mat, water, and towel.

PiYo LIVE

Thursday (1/10/19-3/14/19)

6:30PM-7:30PM

Activity #4039

WJJMS The Commons

\$67.50 or \$10 Drop In

PiYo is Pilates and Yoga inspired, combining the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of Yoga. It's a true fat-burning, low impact program that will get you incredibly defined. Participants will burn fat, build strength, gain endurance and most of all, HAVE FUN!

Sculpt & Burn

Wednesday (1/9/19-3/13/19)

6:00PM-7:00PM

Activity #4050

JJIS Room 79

\$67.50 or \$10 Drop In

Burn calories and sculpt muscles while using a combination of bodyweight and hand held weights to target all major muscle groups. Get ready to incorporate a variety of compound and isolated movements to work your lower body, upper body, and core. No muscle leaves without a workout! All levels welcome. Participants will need to bring a mat, water bottle, and dumbbells (5 or 8 pound weights recommended) and a lot of energy.

STRONG by Zumba™

Tuesday (1/8/19-3/12/19)

6:30PM-7:30PM

Activity # 3988

WJJMS The Commons

\$72.00 or \$10 Drop In fee

A high-intensity interval training workout driven by the science of Synced Music Motivation. Unlike all other workouts, they didn't just create moves to a playlist. Instead, they crafted and reverse engineered the songs to match every move, driving the intensity in a challenging progression that provides a total body workout. The result is a group fitness experience unlike any other. This class will push you past your limits to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn.

Yoga for Seniors

Monday (1/7/19-3/11/19)

4:45PM-5:45PM

Activity #3982

JJIS Room 79

\$60.00

Wednesday (1/9/19-3/13/19)

4:45PM-5:45PM

Activity #3983

WJJMS The Commons

\$75.00

Gentle Yoga is perfect for age 55 and over to explore yoga postures, breathing techniques and meditation. Yoga improves your balance and strength, stretches your entire body and focuses your mind and calms your emotions. All levels of fitness or yoga experience are welcome. Bring a yoga mat and water.

Zumba

Tuesday (1/8/19-3/5/19)

6:30PM-7:30PM

Activity #3984

JJIS Room 79

\$60.00 or \$10 Drop In fee

Zumba eliminates the "work" from "working out" by combining irresistible Latin & International music with dynamic yet simple exercise moves to create a fun, energetic fitness program. Zumba utilizes the principles of fitness interval training and resistance training to maximize calorie output, fat burning and total body toning. No dance experience required! Ages 14 & up welcome to participate.

Men's Pick-Up Basketball- POSTPONED UNTIL THE GYM CONSTRUCTION IS COMPLETE

Volunteer of the Month Award

Starting in January 2019, Colchester Recreation will accept nominations from Colchester organizations, groups, businesses, schools and individuals for the Volunteer of the Month! Nomination forms will be accepted until the 5th of every month. Awards will be announced by the 20th of every month. This is a great way to say Thank You to all of the amazing people in our community who give back by volunteering!

Nomination Criteria:

Nominee must be: a resident of Colchester; a volunteer with a specific group for more than 3 months; 14 years or older; must not receive financial compensation; must not have won the award within the past 3 years.

The Nomination Form can be found on the Colchester Recreation website, www.colchesterct.gov/parks.

Heartsaver Friends & Family CPR

January 15, 2019

9:00AM-11:00AM

Activity #4030

Colchester Fire Department

\$25.00, Ages 16+

The American Heart Association **Family & Friends CPR** Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research proven, practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. Family & Friends CPR is for people who want to learn CPR but do not need a CPR course completion card to meet a job requirement. This course is ideal for community groups, new parents, grandparents, babysitters, and others interested in learning how to save a life. The class fee is \$25.00 which includes course and materials, no certification cards are issued.

Chatham Health District- Free Radon Test Kits & Seminar

January 16, 2019

6:00PM-7:00PM

Activity #4060

Colchester Town Hall, Room #1

FREE to Colchester Residents

As part of January National Radon Awareness Month, the Chatham Health District has acquired a limited number of radon test kits from the Connecticut State Health Department. One test kit is available per residence. The test consists of placing a small charcoal canister in the lowest occupied level of the home for 48 hours. These test kits are in high demand and are very limited. In order to receive the test kit, you will need to attend the free one hour informational program on January 16, 2019 from 6:00PM-7:00PM. Town Hall Room #1.

Stop The Bleed

January 24, 2019

7:00PM-8:30PM

Activity # 4041

Jack Jackter Intermediate School, Room #79

FREE, Ages 16+

Launched in October of 2015 by the White House, Stop the Bleed is a national awareness campaign and a call to action. Stop the Bleed is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within 5 minutes, therefore it is important to quickly stop the blood loss. Those nearest to someone with life threatening injuries are best positioned to provide first care. You may be able to save a life by taking simple actions immediately after a trauma. This class is FREE to all participants! For more information, visit <https://www.dhs.gov/stopthebleed>

Adult Beginners Watercolor Class

Tuesday (1/8/19-2/12/19)

1:00PM-3:00PM

Activity #4064

Colchester Town Hall, Room #3

This class will highlight watercolor basics – from composition and painting techniques to color theory and developing your own personal style. You get to choose what you want to paint, and in what style. A materials list will be sent upon sign-up or by request. Depending on what you already own, materials may cost anywhere from \$20 - \$100. This is a great idea to put on your holiday wish list!

WINTER PAINT NIGHTS with artist Julianna Cameron

Winter Birch Scene

January 8, 2019

6:00PM-8:00PM

Activity #4022

Jack Jackter Intermediate School, Cafeteria

\$30.00, Ages 14+

You will make a Winter Birch painting on a 16 x 20 canvas.

Snowy Barn Landscape

January 22, 2019

6:00PM-8:00PM

Activity # 4025

Jack Jackter Intermediate School, Cafeteria

\$30.00, Ages 14+

You will make a Snowy Barn Landscape painting, through step by step instructions from the artist. No experience is necessary. Please wear old clothes as paints can stain.