New Milford Parks and Recreation

Fall & Winter
2021-2022

NewMilfordRec.com
860-355-6050
ABOUT US

Our Mission
The mission of the New Milford Parks and Recreation Department is to provide quality leisure opportunities in a safe and healthy atmosphere and to enhance the quality of life of the community through the responsible management of parks, recreation activities and natural resources. To meet these ends, the Parks and Recreation Department attempts to provide safe and wholesome recreational services of both a passive and active nature. Our goal is to create a balance of activities, special events and programs for any and all segments of the population.

Contact Information
Phone: (860) 355-6050
Fax: (860) 355-6052
Website: www.NewMilfordRec.com
Hours: Monday – Friday, 7:30 AM – 4 PM
Location: John Pettibone Community Center (JPCC) 2 Pickett District Road, New Milford, CT

Our Programs are Accessible to All
The New Milford Parks and Recreation Department is an equal opportunity agency and we do not exclude or discriminate with regard to our services, programs and activities regardless of race, color, religion, sex, natural origin, age, or disability. The Recreation Department is committed in both policy and practice to enforce and implement all required provisions of the Americans with Disabilities Act. Efforts shall be made to accommodate the needs of any individual with any disability.

Scholarships are Available
Any New Milford resident may request a scholarship for Parks and Recreation services when a need exists. Requests must be made in writing on an official application form. All requests are kept confidential and will be evaluated based on financial and/or personal hardship. Applications are available at the Social Services Department at the John Pettibone Community Center, 2 Pickett District Road, New Milford.

Reserving a Town Park
New Milford residents may, with approval of the Parks and Recreation Director or Parks and Recreation Commission, reserve all parks except for Baldwin Park, Nostrand Trail and Ray Ramsey Park. A Park Reservation Form can be obtained at the Parks & Recreation Department or at www.NewMilfordRec.com.
Publicity
Program offerings are published at www.NewMilfordRec.com, our New Milford Parks and Recreation Facebook page and the New Milford Spectrum. Special information flyers are distributed through the schools and are available at the Library or Town Hall and can also be picked up at the Parks and Recreation office at the John Pettibone Community Center, 2 Pickett District Road, New Milford.

New Milford Gift Fund
As a governmental department, New Milford Parks and Recreation programs and services are limited monetarily. We do our best to provide high-quality recreation programs and well-maintained parks, trails and open space for the citizens of New Milford while constrained by our budgetary limits. We graciously accept tax-deductible gifts. A gift to the Parks and Recreation Department is a gift to the community and citizens of New Milford. We accept general monetary or material donations or you may wish to donate for a specific project, event or program. Please call today if you are interested in giving back to your New Milford.

Insurance
The New Milford Parks and Recreation Department does not provide accident insurance coverage for any of our programs or activities. Participants are advised to carry a personal accident insurance policy to protect them in the event of an injury.

Gift Certificates
Recreation programs make great gifts for that special someone. Call or stop by to purchase gift certificates for any of our programs.

REGISTRATION
Registering online is a great way to save time and can be accessed 24 hours a day. To register online, just follow these simple steps:
1. Go to www.NewMilfordRec.com
2. Click on “Account” and select “Create Account”. Create an account with your household name.
   Providing us with emergency contacts, allergy/medical information and more allows us to better serve you. It is recommended that you do not opt out of email notifications as it is our way to notify you of changes and cancellations.
3. Be sure to add all the members of your household into the account.
4. Once your new account is created, you can access your account at any time, view program information, register for programs, view account history and much more.

We accept online, phone, mail-in and appointment based registrations for most programs unless otherwise noted. There is a 3% non-refundable processing fee for any registration paid by credit/debit card. Fees cannot be accepted at the class site.
All programs listed in this brochure or online are open for registration on August 27 unless otherwise stated. We reserve the right to cancel any program not meeting enrollment requirements. All dates and times are subject to change. Please visit NewMilfordRec.com for updated information.

All fees and league deposits for youth, teen, adult and family programs are non-refundable unless a program is cancelled. If false information is given on a registration form, you will be asked to leave the program with no refund. Programs are open to all New Milford residents. Non-residents may register for most programs at an additional $20 fee.

Individuals who submit an invalid check for a Parks and Recreation program will be charged an additional $25.

TOWN PARKS

All Park Hours: ½ hour before sunrise to ½ hour after sunset every day.

Addis Park
Picnic area on the Housatonic River with a boat launch ramp. An annual vehicle sticker is required. Directions: Route 67 to 220 Grove Street.

Andrew Gaylord Barnes Park
Small passive area along the Housatonic River. Directions: Route 7 North to Boardman's Bridge at 292 Kent Road.

Baldwin Park
Walking trail with native flowers and plants. Directions: Route 202 to Hipp Road, the park is on the left behind Schaghticoke School. Park your car and follow the path to the start of the trail.

Canterbury Pond
A small one-acre park used for fishing and ice skating. Directions: Route 202 North on the left side ¼ mile past the New Milford Police Department on Aspetuck Ave.

Carlson’s Grove
A very picturesque park along the East Aspetuck River. There is a field for passive and active recreation, fishing, a picnic grove and a playground. There is also a pavilion, available for group use, with picnic tables and grills. Directions: Route 202 to 10 Wheaton Road and the Park is on the right after the bridge.

Chappuis Park
A 1.43-acre open meadow on the banks of the East Aspetuck River. Directions: Route 202 North; make a left onto Van Car Road and a right on to 108 Paper Mill Road. The park will be on your right.
Clatter Valley

Approximately 100+ acres of open space for outdoor recreational activities, including horseback riding, cross country skiing, fishing, sledding, hiking trails and a pond. There is a pavilion with picnic tables and grills available for reserved group use. Directions: Route 67, turn right on to Grove Street, left on to Hine Hill Road. At the stop sign take a right to 158 Town Farm Road. The park will be on your right.

Emanuel Williamson Park

Park with playground area, basketball courts, and a picnic area. Directions: Route 7 North to Gaylordsville. The park will be on your left at 643 Kent Road and Donna Drive.

Helen Marx Park

Two Little League Baseball fields with an overlapping soccer field located at 91 Housatonic Avenue.

Hulton Meadow

Small (3.69 acres) landscaped area along the East Aspetuck River with benches and picnic tables. Directions: Route 202 South to Grove Street, right turn onto Mill Street (small parking area at the bridge).

Lynn Deming Park

Lynn Deming Park opens on the Saturday of Memorial Day Weekend and closes on Labor Day. An annual vehicle pass is required. Animals of any kind are not permitted in the park. Smoking and vaping is permitted in the parking lot only. Alcohol and tobacco products are prohibited in the park. Complete copies of the park rules are available at the park entrance, the Parks and Recreation office, as well as online at www.NewMilfordRec.com. Gate attendants are on duty 24/7 from Memorial Day – Labor Day. After Labor Day security will be on weekends through September.

Location: 134 Candlewood Lake Road North

Lifeguards are on duty to enforce park rules and regulations. Parents are responsible for the safety of their child. Swimming after lifeguard hours is dangerous! Lifeguard Hours:

- May 29 – September 6
  - Weekdays (until last day of school) 12 PM-6 PM, (after last day of school) 11 AM – 6PM
  - Weekends 11 AM – 6 PM
Lynn Deming Park (continued)

<table>
<thead>
<tr>
<th>Item</th>
<th>2021 Cost</th>
<th>Where to Purchase</th>
<th>Requirements</th>
<th>Methods of Payment Accepted</th>
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<tr>
<td>Resident Boat Slip with Sticker</td>
<td>$1,500</td>
<td>Parks &amp; Recreation Office 7:30 AM – 4 PM (M-F)</td>
<td>Proof of residence/tax payer, vehicle registration, boat registration</td>
<td>Cash, Check or Card</td>
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<td>Non-Resident Personal Day Pass</td>
<td>$30</td>
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<td>Kayak Rack Rental</td>
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<tr>
<td>Kayak, Paddleboard, Pedal Boat Rental</td>
<td>$10/hour</td>
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<td>Lynn Deming Rental Fee</td>
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<tr>
<td>Resident Park Reservation Filing Fee (Individual)</td>
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Northville Soccer Fields
Two full-sized soccer fields located immediately behind Northville Elementary School at 22 Hipp Road. There is a walking trail that links the Northville Soccer Fields to Sullivan Farm. Directions: Route 202 North, turn left onto Hipp Road and turn right into the Northville School Parking lot.

Nostrand Trail
Wilderness trail through 138 acres of land at 56 Squire Hill Road. Directions: Route 202 North; make a left onto Little Bear Hill Road and a right onto Squire Hill Road. Trail approx. ½ mile on the right at the top of the hill.

Pettibone Park
A park with a new state of the art playground, two softball fields and a multipurpose field. Directions: Route 7 south; make a left onto 2 Pickett District Road and the park is on your immediate right.
Pickett District Road Ball Fields
Four baseball fields on 10 acres of land at 189 Pickett District Road. Fields are located on the left past Kimberly Clark

Ray Ramsey Park
Small landscaped square with benches and a kiosk listing community events. The park is located at the junction of Bridge and Railroad Streets, next to the Railroad Station.

Sarah Noble Soccer Fields
A two-acre parcel that contains a soccer field. The field may be accessed from the Sarah Noble Intermediate School or from the Home Depot stairs found on the right-hand side of the parking lot. The field is located on Route 7 directly behind Home Depot at 25 Sunny Valley Road.

Sega Meadows Park
Forty-three acres of undeveloped park land bordering the Housatonic River with a biking path, trails and fishing pond. Directions: Route 7 North, turn right onto Boardman Road, turn left onto River Road, the asphalt road turns into dirt and the park entrance will be on your left at 120 River Road.

Town Green
The New Milford Town Green is located on Main Street and boasts of being the prettiest Green in New England. It consists of a passive open space with a picturesque bandstand. The Green can be used by New residents and groups if applied for and approved by the Parks & Recreation Commission or Parks and Recreation Director. Bandstand use is permitted until 9 PM.

Young’s Field
An active recreation area which offers a skate park, tennis and pickle ball courts, basketball court, playground, pavilion, and multi-use athletic fields. A walking trail, fishing dock and kayak portage is located across the street on the Housatonic River. Directions: Bridge Street to 6 Young's Field Road.

EVENTS

All dates and times are subject to change. Please visit our website for the most current information.
www.NewMilfordRec.com

Trunk or Treat
A fun Halloween event and a safe alternative to trick or treating on dark streets! Volunteers decorate their cars along the town green and children trick or treat by going from car trunk to car trunk rather than going door to door at houses. Only trunks have to register for this event.
If you would like to volunteer to be a "trunk", please complete the Halloween Vehicle Registration Form on our website (www.NewMilfordRec.com) and email to (ParkAndRec@newmilford.org).
• Date: Sunday October 31st
• Time: 5:30 PM – 7:30 PM
• Location: T.B.D.
• Cost: Free
• Registration: Online (trunks only)
Winter Coloring Contest

For ages 4-8, choose from our coloring pages posted on our website. Please submit completed coloring sheets to the Parks and Rec department via mail or drop it in our drop box: New Milford Parks and Rec, 2 Pickett District Road, New Milford, CT 06776.

- Date: December 1st – December 16th
- Winners will be announced the week of December 20th
- Cost: Free
- Registration: Online

Santa Calls

New Milford Parks and Rec is looking to bring some magic to the season with our 2020 Santa Calls. Do you know a child that would love to receive a phone call from Santa, Mrs. Claus, or an elf? Please visit our website to access our call form and for additional information.

- Date: December 5th – December 17th
- Cost: Free
- Registration: Online

PRE-SCHOOL ACTIVITIES

Please visit our website for the current program dates, times and locations.

www.NewMilfordRec.com

Ballet

Come and dance to the music of fairy tale princesses while learning the fundamentals of basic ballet and ballet terminology. Parents are invited to stay and watch their "dancers" perform! Feel free to dress up in ballet attire and/or your favorite character, or comfy clothes are ok.

- Requirements: Ballet shoes are encouraged. We accept all skill levels.
- Coordinator: Lindsey Rourke Burk
Crafty Art
Children will explore with paint, oil pastels, clay and other medium to create their own masterpieces. They will complete and take home a different art project each week!
  • Requirements: Clothes that you don’t mind getting paint on!
  • Coordinator: Roberta Baker

Karate - Ages 3-4 Little Ninjas
This dynamic karate program, conducted by USA Martial Arts instructors, is designed specifically for children 3-4 years of age to learn basic martial arts skills, as well as respect, cooperation, leadership and fitness.
  • Requirements: Comfortable clothing, water bottle
  • Coordinator: Bob Murphy, Susan Leeper and David Leeper

Soccer
Learn the fundamentals in this instructional league that plays on Saturday mornings. Soccer takes place at the Sarah Noble Soccer Fields (directly behind Home Depot). Please park to the far right of the parking lot and walk up the stairs to the left. Every child plays in every game, with emphasis on sportsmanship, teamwork and fun. Every child is placed on a team. Want to join in the fun with your child and friends? Parent volunteers are always needed to help run this program!
  • Requirements: Shin guards
  • Coordinator: Tracie Bramhall

For Tikes Only
Tikes will have a great time playing with friends while guardians have some time out! Time will fly as the kids sing, play, slide, draw, glue, paint and listen to stories
  • Requirements: A snack, drink, smock, must be toilet trained
  • Coordinator: Michele Gasiewski

Tumblin’ Tikes
Children and parents learn to play, sing, create and laugh together while romping to music, exploring our indoor play land, and meeting new friends. This program helps children develop sensory awareness and build motor skills. If needed, siblings are welcome to attend, but for safety reasons, they are not permitted on any of the equipment.
  • Requirements: Guardians must be present
  • Coordinator: Michele Gasiewski
Music - Ta-Dah! PreK Group Music Class
Each 45 minute class is designed with the PreK student in mind. All activities are tailored to keep young learners engaged through what they do best -- play. Participants will learn songs, move to music, play musical games, as well as use simple percussion instruments. Each class session is intended to stimulate imagination, provide both group and individual participation and foster a love of music. At the end of the six-week session; you and your child will have a repertoire of music and memories to last a lifetime.

• Requirements: Come dressed comfortably, with sensible footwear (child & adult) to allow for safe movement during class. All instruments and supplies used during class are rated for ages 3+ and will be sanitized between classes.
• Instructor/Creator: Leanne Buckley holds a Bachelors and Masters degree in Music Education from Western Connecticut State University and has 30 years of experience as a music educator in Connecticut public schools.

YOUTH ACTIVITIES

Please visit our website for the current program dates, times and locations. www.NewMilfordRec.com

Archery
Experience the sport of archery in a fun, safe and supervised environment.
Four-week class, safety instructions followed by hands-on shooting.
• Requirements: No prior experience needed, bows and targets are provided. You must bring your own target arrows; an arm guard sleeve is highly recommended. Items can be purchased at Hall’s Arrows, Dick’s Sporting Goods, Amazon, Newberry Archery and more.

Badminton, Ping Pong & Jianzi
Badminton is the second most popular sport in the world (next to soccer). We welcome all levels of players. Bring your sneakers and have fun playing badminton!
Mondays Adult Program - Competitive players
Fridays - All Levels of Players
Saturdays - Family Badminton, Friendly Competition Throughout The Year (Tournament Style)
• Requirements: All equipment is provided, we accept all skill levels!
• Coordinator: Kamkeung Ho, Mark Pernerewski
Ballet
Come and dance to the music of fairy tale princesses while learning the fundamentals of basic ballet and ballet terminology. Parents are invited to stay and watch their "dancers" perform! Feel free to dress up in ballet attire and/or your favorite character, or comfy clothes are ok.
  • Requirements: Ballet shoes are encouraged. We accept all skill levels.
  • Coordinator: Lindsey Rourke Burk

Basketball
Players will work on skills and drills and apply the skills learned that day by both playing and observing games. Our instructor will create teams based off skill levels and create a fun atmosphere for kids to enjoy the sport of basketball.
  • Requirements: Sneakers and comfortable clothing
  • Coordinator: Jason Maxwell

Coding - Code To The Future
“Learning to Create the Future”
Online Classes that are Fun, Exciting, and Educational!
Do you like Video games? We can teach you how to make your very own video game!
Open to students ages 7-10 who are interested in learning computer programming in a fun and kid-friendly online environment. Our methods integrate both programming and game design, giving students a fun and well-rounded understanding of how to utilize technology to create. We combine world-class curricula and tools, with an exciting education model that makes learning programming a fun and supportive group experience.
  • Requirements: A computer, Internet
  • Coordinator: Rhodri Freeman

Crafty Art for Kids
Children will explore with paint, oil pastels, clay and other mediums to create their own masterpieces. They will complete and take home a different art project each week.
  • Requirements: Clothes that you don’t mind getting paint on!
  • Coordinator: Roberta Baker
Cricket
During this program, we will go over the fundamentals of cricket (fielding skills, batting skills, and bowling skills). All equipment will be supplied.

- Requirements: Sneakers and comfortable clothing
- Coordinator: Jay Singh

Golf – Junior’s Only
Calling all young golfers; Candlewood Valley Country Club has opened tee times for junior golfers in the New Milford area! This is a great opportunity to get outside, work on skills, and play with friends and enjoy the changing of the leaves. Please note, this is non-instructional.

- Requirements: Each golfer will need to bring a set of clubs. Golf carts will not be available.

Gymnastics
Steve Brentari has been in the Gymnastics industry for over 30 years, creating and developing programs that bring out the very best in every child, in a fun and unique style designed to start with the fundamentals. All our children's tumbling classes are recreational in nature and are designed to develop not only gymnastic skills, but also many positive life skills. Discipline, self-confidence, strength, agility, and balance are all areas we seek to develop in our students. Classes begin with an aerobic/strength activity and stretching, followed by instruction at various skill stations. We teach “real” gymnastics but without the competitiveness, stress, and pressure that many children associate with the sport. Steve’s career has spanned generations, having taught not only multiple children within a family, but even the children of former students!

- Requirements: Comfortable clothing, water bottle
- Coordinator: Steve Brentari

Horseback Riding Lessons
Enjoy an intro to grooming, handling, and caring for the horses, all while learning the basics of English style riding. Participants will be able to learn at their own comfort level as they practice the proper position and learn to steer and control a horse while mounted. There is a waiting room for parents to observe their child riding. If the weather becomes too cold for horse and rider, Quiet Rein reserves the right to cancel lessons.

- Requirements: Helmets supplied by Quiet Rein (or bring your own), riding boots or closed toe boots, and jeans.
- Coordinator: Quiet Rein Farm
Irish Step Dancing
Let your child experience the history and culture of Ireland. Open to dancers who are still learning their steps and have not previously competed in an Oireachtas. We will be working on mastering jig and hornpipe steps. Parents are encouraged to drop off students and can watch during the "open class" on the last week and the class performance. Information about purchasing formal Irish Dancing Gillies (shoes) and Irish Dance Practice Music will be given the first week of class. *Check our website for additional classes!

- Requirements: Sneakers or any type of soft dancing shoe, comfortable clothes, a water bottle, a smile, and listening ears!
- Coordinator: Catherine Friel

Ice Skating
Our ice skating program caters to all skill levels! The first 30 minutes is guided instruction while the last 30 minutes is allotted for free skate to apply skills taught that day.
Level 1 - new skater, Level 2 - learning the basics, Level 3 - more basic skills, Level 4 - movement and figures, Levels 5, 6 & 7 - learning jumps and spins, Level 8 - advanced
Please note that dates are subject to change due to the Canterbury School Schedule.

- Requirements: Ice skates, a helmet (required for levels 1 and 2 - recommended for other levels), warm clothes (hat, gloves, snow pants)
- Coordinator: Danielle Pilgrim
- Assistants: Rebekah Bratcher and Laurel Scott

Karate - Ages 5-6 Kids Kicks
This dynamic karate program, conducted by USA Martial Arts instructors, is designed specifically for children 5-6 years of age to learn basic martial arts skills, as well as respect, cooperation, leadership and fitness.

- Requirements: Comfortable clothing, water bottle
- Coordinator: Bob Murphy, Susan Leeper and David Leeper

Karate - Ages 7 & up Tang Soo Do
This dynamic karate program, conducted by USA Martial Arts instructors, is designed specifically for ages 7 and up. This popular program was developed to provide each student with increased self-discipline and self-confidence, coordination, strength and a sense of accomplishment.

- Requirements: Comfortable clothing, water bottle
- Coordinator: Bob Murphy, Susan Leeper and David Leeper
Knitting and Crochet

Sit ’n Knit
Students learn the basic stitches, how to read a yarn label so they can buy yarn on their own after classes end, and how to read a knitting pattern. They’ll choose a project in the 4th class and work on it through to the end of the class.

Crochet Today
Students learn the basic stitches, how to read a yarn label so they can buy yarn on their own after classes end, and how to read a crocheting pattern. They’ll choose a project in the 4th class and work on it through to the end of the class.

• Instructor: Andrea Dener

Music - Virtual Lessons and In Person
If you’re looking to learn guitar this is the program for you! Through six weeks you will learn the fundamentals, including scales, chords, tuning, arpeggios and rhythm.

Instructor

• Requirements: Bring your own instrument (except drum set)
• Coordinator: Jody Cipot

Music - Ta-Dah! Music Private Piano Instruction
Each weekly lesson will be a 30-minute session of personalized piano instruction, with the goal of helping the student advance in musical note reading and piano performance techniques. Lessons will be appropriate for the student’s age and ability.

• Requirements: Assessment of student’s ability will be done prior to first lesson via email. Students need to have access to a piano or keyboard (full size keys) at home for daily practice. If absolute beginner, a lesson book will need to be purchased from instructor at the first lesson. If lessons have been taken before, please bring your most recent piano lesson book.
• Instructor/Creator: Leanne Buckley holds a BS and MS degree in Music Education from Western Connecticut State University. She has 30 years of experience as a music educator in Connecticut public schools and 36 years of private piano instruction.

Running – Track and Field Club
Interested in learning hurdles, shot put, long jump? Maybe you love to sprint or run distance? Explore and find your talent in all things track and field!

• Requirements: Sneakers, comfortable attire, and a water bottle
• Instructor: Barbara Crandell
Soccer
Learn the fundamentals in this instructional league that plays on Saturday mornings.
Soccer takes place at the Sarah Noble soccer fields (directly behind Home Depot).
Please park to the far right of the parking lot and walk up the stairs to the left.
Every child plays in every game, with emphasis on sportsmanship, teamwork and fun. Every child is placed on a team. Want to join in the fun with your child and friends? Parent volunteers are always needed to help run this program!

- Requirements: Shin guards
- Coordinator: Tracie Bramhall

Science – Crime Solvers
Be a detective as you solve a series of crime mysteries! As you study clues, you’ll use science along the way, including genetic traits, fingerprints, natural elements, weather, and much more. You’ll even use a bit of history and geography to help solve these mysteries! Find out the answers at the beginning of each class.

- Instructor: Mary K. Corcoran is a Connecticut-certified science teacher, children’s book author, and former National Park Service ranger.

Science – What’s Inside
Start a virtual adventure with this six-week, action-packed workshop! We’ll begin by delving into a bit of genetics to solve a mystery, using fingerprints and genetic traits. Next, we will explore several systems of the human body—digestive, circulatory, and skeletal. You’ll watch your instructor’s owl pellet dissection, then dissect a pellet of your own! Check out what’s inside seeds with a seed dissection and observe their growth. Insect identification will be next, after which you’ll make a bug of your own! Study constellations and other celestial wonders with a look at astronomy! How to get your science kit: Kits containing all the necessary supplies and will be created for your child at the John Pettibone Community Center. We will contact you to schedule a time to pick up your child’s science kit!

- Instructor: Mary K. Corcoran is a Connecticut-certified science teacher, children’s book author, and former National Park Service ranger.

Science - The Wonders of Birds
Spark a lifelong love of and appreciation for birds with The Wonders of Birds class. You will learn about bird anatomy including feather types, bones, and the ability to vocalize. Study features used in identification such as: color, sound, size shape, and silhouette. Other topics include structure and function (beak type/diet) and how a bird is best suited to its habitat and job. Identify common birds of Connecticut as a part of different ecosystems. Classes include an activity that participants can do at home. Go bird watching in the last session with instructor and the other participants of the class at a local New Milford park.

- Instructor: Mary K. Corcoran is a Connecticut-certified science teacher, children’s book author, and former National Park Service ranger.
Tennis
Learn a game you can play for a lifetime. Through the game of tennis, you can maintain fitness, enjoy the outdoors, meet new people, and discover the new you!

Beginner: Introduction to ball control, hitting balls in an appointed direction and basic forehand and backhand strokes.

Low Intermediate: Continued emphasis on ball control, serving, volleying and overheads, and keeping the ball on the court.

Intermediate: Introduces the concept of competition, keeping the balls volleying back and forth on the court, steadiness and repetition. Possible introduction to score keeping, how to win a game, a set, and more.

- Requirements: Bring your own tennis racquet, tennis shoes and a bottle of water
- Coordinator: Rob Gannon

Volleyball
We will introduce the game of volleyball through positive coaching. The focus will be to develop skills and learn the game of volleyball with teamwork and sportsmanship.

- Requirements: Comfortable clothing, sneakers, water bottle
- Coordinator: Lisa Stein

Unplugged
Step away from technology and join our instructor, Barbara Crandell, for some serious action packed fun! Program Unplugged focuses on great games and constant playing.

We introduce a variety of sports, games, and activities that are simple to learn and really fun to play. We like to introduce kids to these activities that they in turn can bring home and play with their friends and family.

- Requirements: Mask, comfortable clothes, water bottle and sneakers. We will go outside as often as possible so be sure to dress accordingly!
- Instructor: Barbara Crandell
ADULT ACTIVITIES

Please visit our website for the current program dates, times and locations.
www.NewMilfordRec.com

Cornhole League
Come join the first indoor cornhole league in New Milford!

*ONLY THE TEAM CAPTAIN SHOULD REGISTER YOUR TEAM*
Each team must have two permanent and a maximum or three substitutes.

- Requirements: Must provide your own bag. Cannot be corn filled.
- Coordinator: Hobson Lopes

Badminton, Ping Pong & Jianzi – Drop In
Badminton is the second most popular sport in the world (next to soccer).
We welcome all levels of players. Bring your sneakers and have fun playing badminton!
Mondays Adult Program - Competitive players
Fridays - All Levels of Players
Saturdays - Family Badminton, Friendly Competition Throughout The Year (Tournament Style)

- Requirements: All equipment is provided, we accept all skill levels!
- Coordinator: Kamkeung Ho, Mark Pernerewski

Fitness - Pilates
Tuesday 7pm Pop Pilates - POP Pilates is an incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges student to rhythmically flow from one exercise to the next, developing a rock-solid core while leaving no muscle untouched.

Thursday 7pm Mat Pilates - Pilates is a wonderful total body workout focusing on quality over quantity to lengthen and strengthen your muscles and increase core stability. With an emphasis on breath, core conditioning and body awareness, Pilates is a safe and highly effective way to stretch, strengthen and streamline your body without building bulk or stressing your joints. The perfect complement to cardiovascular exercise, sport, rehab and life, Pilates exercises will leave you looking toned, feeling revitalized and moving with ease. Great for all ability levels, men and women.

- Requirements: A mat, comfortable clothing, water bottle, recommended to purchase a 7-9-inch Pilates ball for use in class.
- Coordinator: Jen Estrada
Fitness - Pound Class
Sweat, sculpt and rock in this cardio jam session inspired by drumming. You won’t just listen to music— you’ll become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates inspired movements. Designed for all fitness levels, POUND, provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out!
- Requirements: One or two mats, comfortable clothing, water bottle
- Coordinator: Jen Estrada

Fitness - Yoga
Adult Gentle Yoga - Let Dawn guide you through gentle yoga moves that are perfect for all levels. Learn breathing and relaxation techniques to take off the mat and out into the real world. Enjoy some stretching and leave class feeling calm and rejuvenated!
- Requirements: A yoga mat

Fitness - Zumba
This is one big cardio party! This class is filled with exciting Latin and International dance moves like Salsa, Merengue, Cumbia, Reggaeton, Samba, Flamenco, Pop and more! Get down and dance while you burn calories.
- Requirements: Comfortable clothing, water bottle
- Coordinator: Jen Estrada

Knitting and Crochet
Sit ’n Knit
Students learn the basic stitches, how to read a yarn label so they can buy yarn on their own after classes end, and how to read a knitting pattern. They’ll choose a project in the 4th class and work on it through to the end of the class.

Crochet Today
Students learn the basic stitches, how to read a yarn label so they can buy yarn on their own after classes end, and how to read a crocheting pattern. They’ll choose a project in the 4th class and work on it through to the end of the class.
- Instructor: Andrea Dener

Pickleball
Play the game of pickleball, a fun sport that combines tennis, badminton, and ping-pong! We welcome all levels from beginners to advance. Equipment is available to borrow. To read more about the rules and instructions of pickleball see the link included in the forms section below.
*Check our website for upcoming programs*
- Requirements: Please wear sneakers and athletic clothing. For Tuesday drop in, you must make your own arrangements for pickleball partners.
Dog Training with Donna
Donna has over 15 years of hands-on canine training experience. Donna works hard to help each dog guardian have the tools and knowledge needed to build a stronger and healthier relationship with their dog. www.tlcdogtrainer.com
*All classes require proof of rabies at the first class.

S.T.A.R. PUPPY
The AKC S.T.A.R. Puppy is an exciting program designed to get dog owners and their puppies off to a good start. The S.T.A.R. puppy program includes the following: basic puppy-raising information (jumping, house training, nipping...), basic obedience skills, how to better communicate and understand the language of dogs, and what is needed for responsible pet ownership. This program is designed for dogs less than 7 months in age who have not had any prior group experience.

TWEENER
Is your dog 7 months or older and never attended a basic obedience class? Then this is the group class for you! The Tweener class will cover all basic obedience skills (including how to infuse these skills as part of everyday life), how to better communicate with and understand the language of dogs, and what is needed for responsible pet ownership.
*This is not a reactive dog class. Each dog needs to be privately evaluated by the instructor.

Basic Obedience 1
Has your dog completed either the S.T.A.R. Puppy or Tweener Class and you’re looking for the next level of training? Then this is the group class for you! The Basic Obedience 1 class takes the skills learned in the Star Puppy / Tweener Class to the next level. We revisit all the skills you have learned - increasing difficulty and reliability of performance. This fun class uses games which support teaching our dogs good manners while having fun at the same time!!

Basic Obedience 2
If you have completed Basic Obedience 1 and want to start preparing for the Canine Good Citizen class - then this is the group for you. This class focuses on enhancing your leash work skills, how to increase your dog’s ability to follow cues with various levels of distractions, as well as how to start getting more behavior for less rewards. You will also learn how to teach your dog to listen to cues from a distance rather than just right in front of you.
The Parks and Recreation Commission meets once a month. Please join us on the third Monday of every month. We welcome you to bring your ideas and suggestions!

Dates: 9/20/21, 10/18/21, 11/15/21, 12/20/21
Location: John Pettibone Community Center, Cafeteria
Time: 7 PM

Full-Time Parks and Recreation Staff
Daniel Calhoun – Director of Parks and Recreation
Laura Murphy - Director of Programs and Event
Jeanne Radcliff
Dianne Littlefield
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New Milford Parks and Recreation Commission
Alfred Esposito
Thomas Beecher
Lisa Lawson
Lisa Gallick
William Kamp
Tom Saunders
Paul Szymanski
Chair
Vice Chair
Secretary
Member
Member
Member

What programs or events do you want?
Visit our website to submit your ideas and suggestions!
NewMilfordRec.com