

# ? Welcome to our Spring & Summer Programs Brochure for 2009 ?

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## ?TOLLAND RECREATION REGISTRATION INFORMATION?

Tolland Resident		NON-Resident
Mail-in	Monday, April 20 <sup>th</sup>	Monday, April 27 <sup>th</sup>
On-Line	Monday, April 20 <sup>th</sup>	Monday, April 27 <sup>th</sup>
Fax	Monday, April 20 <sup>th</sup>	Monday, April 27 <sup>th</sup>
Walk-in	Monday, April 27 <sup>th</sup>	Monday, April 27 <sup>th</sup>

- ? **MAIL-IN** Accepted on a first come/first serve. **DO NOT DROP OFF REGISTRATIONS AT THE OFFICE.** Mail your completed form with separate checks for each program to:
- Tolland Recreation Department, 21 Tolland Green, Tolland, CT 06084
- Consider yourself registered if you do not hear from us. **Include your email address or a self addressed, stamped envelope with registration if you would like a copy of your receipt.**
- ◆ **ON-LINE** ([activenet.active.com/tollandrecreation](http://activenet.active.com/tollandrecreation)) town website – Tolland.org  
Participants registering on line will be confirmed on-line. Not all classes can be registered for on-line, however you may view all classes.
- ◆ **FAX-IN 860-871-3689**
- Be sure to complete all information when registering.
  - **PAYMENT:** Registration is not considered valid until the program fee is paid. We accept cash, checks, American Express, Visa or MasterCard.
  - **NON-RESIDENTS :** Add \$5.00 per participant, per program.
  - **REFUNDS:** Programs less than \$15.00 receive an account credit. Refunds are given only prior to the start of classes or if we cancel the program. Requests for refunds must be in writing and are subject to a **\$8.00** processing fee. **TRIP CANCELLATION:** You will be refunded only if the spot can be filled.
  - We reserve the right to limit class size and to cancel classes failing to meet minimum requirements. Tolland residents are given preference for all programs during 1<sup>st</sup> week of registration.
  - **AGE REQUIREMENT:** To participate, children must meet minimum age before the class starts.
  - **SCHOLARSHIP PROGRAMS:** It is our policy that residents of the Town of Tolland who can not afford to participate in programs or activities can make confidential inquiries for assistance to the Recreation Director.
  - **INCLEMENT WEATHER:** Program cancellations due to inclement weather are announced on our information line (871-3625) and are broadcast on Channel 3's Early Warning Announcements.

# Recreation News

A Note from the Recreation Director, Tom Ainsworth

Hi Everyone,

Hope this finds you well and in good cheer. Yes, I know there hasn't been a lot to cheer about lately but hang on and keep your hopes up. The Town budget suffered some pretty big cuts but thankfully with your continued support we are still here. We feel it is important that families have the opportunity to participate in the programs and activities they love even when times are hard. We also know that these are the same kinds of things that get cut out of the budget first. So we have held or lowered prices where we could and where we couldn't we kept the increases to the bare minimum needed to get by. We also want to remind you there is a scholarship program in place for residents in need. While there isn't enough money in the fund to help everyone, we will stretch it to help as many as we can.

You'll also be happy to know that community spirit and volunteerism are still alive and well in Tolland. There are some fun events scheduled for the Spring and Summer which are put on by the non-profit groups in Town who all help make Tolland a great place to live. I hope you will support their efforts. Look for more information on all these events inside. Speaking of volunteerism, FYI Dog lovers a committee is being formed to look into the possibility of opening a dog exercise/play park in Town. If you are interested in helping get this project moving contact Gina Zahner at [ginazahner@comcast.net](mailto:ginazahner@comcast.net).

This is a popular time of year for renting the Lodge or Pavilion for group outings. If you are thinking about holding an event, don't wait till the last minute, as both places are filling up fast. Just a reminder that the Town Offices switched to a four day work week this fall. We have longer hours Monday through Thursday but are closed on Fridays. We are always looking for new classes and instructors to meet the diverse needs and interests of the community. If you have an idea for a class you would like to take, or have a skill you would like to share with others, give us a call at 871-3610.

Thank you for your continued support, hope to see you out and about.

## **?COMMUNITY GROUP CONTACT INFO?**

### Public Service Agencies

Tolland Library.....(860) 871-3620  
Tolland Senior Center.....(860) 870-3730  
Tolland Human Services.....(860) 871-3648

### Tolland Youth Sports Leagues & Groups

Tolland Little League.... [www.tollandlittleleague.org](http://www.tollandlittleleague.org)  
Tolland Soccer Club.....[www.tollandsoccer.com](http://www.tollandsoccer.com)  
Tolland Football & Cheerleading.....  
.....[www.tollandeaglesyouthfootball.com](http://www.tollandeaglesyouthfootball.com)  
Tolland Lacrosse.....[www.tollandlacrosse.org](http://www.tollandlacrosse.org)  
Tolland Girl Scouts.....Sheryl Bradley (860)212-2249  
Tolland Boy Scouts.....  
.....Troop 2-David Grulke (860)870-8802  
.....Troop 15-Mike Bobey (860)872-4292  
Cub Scout Pack 915-Jim Desilets (860) 997-4592  
Cub Scout Pack 15-Stephanie Quick (860) 871-0505

## **COMMUNITY EVENTS?**

April 18<sup>th</sup>.....White Elephant Sale@ Hick's Gym  
May 2<sup>nd</sup> – Oct. 16<sup>th</sup>.....Tolland Trail Days  
May 9<sup>th</sup> .....Children's Day@ Birch Grove  
May 9<sup>th</sup> .....Farmer's Markets start on the Green  
(Saturdays through mid-November)  
May 24<sup>th</sup> .....Memorial Day Parade  
June 5<sup>th</sup> & 6<sup>th</sup> .....Relay for Life@ High School Track  
June 13<sup>th</sup> .....Book Fair@ Hick's Gym  
June 20<sup>th</sup> .....Triathlon@ Crandall Park  
Late June/Early July .....Truck Day@ Library  
October 3<sup>rd</sup> .....Cider Mill Race

# PROGRAM REGISTRATION FORM

**Please DO NOT drop off registrations at the Recreation Office during the mail-in/on-line/fax-in only registration.**

Write separate checks for each program to avoid delay in registration process. Consider yourself registered if you DO NOT hear from us. If you would like confirmation of registration include your email address on this form or include a self addressed, stamped envelope.

<b>Parent/Guardian Name:</b>					<b>Home Phone:</b>			<b>Cell/ Work Phone:</b>			
<b>Address:</b>					<b>Email:</b>						
Participants Name	Grade	DOB	Age	M F	Activity name	Session	Start Date	Time	Day	Fee	
<b>Visa/MC #:</b> _____ <b>Exp. date</b> _____  <b>Cash</b> _____ <b>Check #(s)</b> _____							<b>Sub-Total</b>				
							<b>Non Resident</b> Add \$5 per person / per activity				
							<b>Total</b>				

Will you need an accommodation because of disability to enjoy this program?    Yes    No

**Explanation:** \_\_\_\_\_

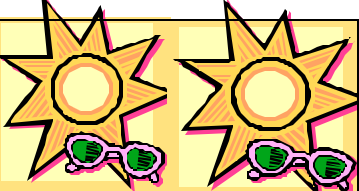
**Waiver & Medical Release** – I recognize that there are inherent risks in participating in any recreational or sports activity. In consideration of your accepting this entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the Town of Tolland or Tolland School District and its representatives, successors and assigns for any and all injuries suffered by myself or my child during participation in the registered activity. In case of an accident occurring during my or my child's participation I hereby grant permission to the Town of Tolland to utilize any emergency medical care it deems necessary to treat any injuries suffered by myself or my child. I further understand the Town of Tolland Recreation Department reserves the right to photograph facilities, activities and program participants for potential future use. All photos remain the property of the Town of Tolland Recreation Department and may be used for publicity or promotional purposes only.

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN

\_\_\_\_\_  
date

# Summer Camp 2009 Registration Form



	Extended day 7:30am-5:30pm		Full day 8:00am-4:00pm	
	Grades K - 6	Grades 7 - 10	Grades K - 6	Grades 7 - 10
Wk 1: June 29 – July 3	\$127.00	\$162.00	\$107.00	\$142.00
Wk 2: July 6 – July 10	\$127.00	\$162.00	\$107.00	\$142.00
Wk 3: July 13 – July 17	\$127.00	\$162.00	\$107.00	\$142.00
Wk 4: July 20 – July 24	\$127.00	\$162.00	\$107.00	\$142.00
Wk 5: July 27 – July 31	\$127.00	\$162.00	\$107.00	\$142.00
Wk 6: Aug 3 – Aug 7	\$127.00	\$162.00	\$107.00	\$142.00
Wk 7: Aug 10 – Aug 14	\$127.00	\$162.00	\$107.00	\$142.00
Wk 8: Aug 17 – Aug 21	\$127.00	\$162.00	\$107.00	\$142.00

- Register for this program on-line, by mail, or fax or bring to the Recreation office
- Sorry, phone-in registrations cannot be accepted.
- Camp runs Monday – Friday for Grades K – 10
- Participants are grouped by grade entering Fall 2009
- Deadline for registration is one week prior to the beginning of camp.
- Staff members CANNOT administer medication of any kind during camp.

**We're sorry, due to limited amount of space we cannot accept Non-resident registrations.**

Parent/Guardian Name				Home #		
Address				Work #		
Email address				Cell #		
Participants name	Age	DOB	M F	Week(s)	Ext day (E) Full day (F)	Fee
What grade will this participant be in Fall 2009 ?						
Participants name	Age	DOB	M F	Week(s)	Ext day (E) Full day (F)	Fee
What grade will this participant be in Fall 2009 ?						
Participants name	Age	DOB	M F	Week(s)	Ext day (E) Full day (F)	Fee
What grade will this participant be in Fall 2009 ?						
Visa/MasterCard/Amex # _____					<b>TOTAL</b>	
Exp date _____		Cash _____				

Will you need an accommodation because of disability to enjoy this program? Yes No  
 Explanation \_\_\_\_\_

**Waiver & Medical Release -** I recognize that there are inherent risks in participating in any recreational or sports activity. In consideration of your accepting this entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the Town of Tolland or Tolland School District and its representatives, successors and assigns for any and all injuries suffered by myself or my child during participation in the registered activity. In case of an accident occurring during my or my child's participation I hereby grant permission to the Town of Tolland to utilize any emergency medical care it deems necessary to treat an injuries suffered by myself or my child. I agree that pictures of my child may be taken for camp use only. I further understand the Town of Tolland Recreation Department reserves the right to photograph facilities, activities and program participants for potential future use. All photos remain the property of the Town of Tolland Recreation Department and may be used for publicity or promotional purposes only.

\_\_\_\_\_  
**SIGNATURE OF PARENT/GUARDIAN**

\_\_\_\_\_  
**date**



## SWIM LEVEL DESCRIPTION

The American Red Cross offers six comprehensive course levels that teach participants how to swim skillfully and safely. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at level 1, which has no prerequisite. Lessons are not determined by age. **Use this checklist to find the appropriate class level for your child.** Check off what skills your child CAN do. If all skills are checked in one level your child is ready to move to the next level.

### LEVEL 1 INTRO TO WATER SKILLS

Basic water safety rules  
Using a life jacket  
Submerging mouth, nose & eyes  
Opening eyes underwater & picking up submerged object  
Swimming on front & back using arm & leg actions  
Recognizing a swimmer in distress, getting help  
Exhaling underwater  
Floating on front & back

### LEVEL 2-FUNDAMENTAL AQUATIC SKILLS

Moving in the water while wearing a life jacket  
Submerging entire head  
Front and back glide  
Treading water using arm and leg motions  
Recognizing a swimmer in distress and getting help  
Bobbing in water  
Jellyfish float  
Swimming using combined stroke on front & back

### LEVEL 3 STROKE DEVELOPMENT

Reaching assist  
Submerging and retrieving an object  
Front & back glide, crawl  
Kneeling or standing dive (shallow dive progression)  
Rotary breathing in horizontal position  
Survival float, back float  
Butterfly-kick and body motion

### LEVEL 4 STROKE IMPROVEMENT

Safe diving rules  
Dive from stride position or shallow dive  
Survival float, back float  
Elementary backstroke, breaststroke, butterfly  
Throwing assist  
Feet-first surface dive  
Front and back crawl

### LEVEL 5 STROKE REFINEMENT

Survival swimming  
Standing dive (diving progression)  
Open turns on front and back  
Front and back crawl  
Performing rescue breathing  
Tuck surface dive and pike surface  
Front flip turn and backstroke flip turn  
Elementary backstroke, butterfly, breaststroke, sidestroke

### LEVEL 6 SWIMMING AND SKILL PROFICIENCY

Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Such as Water Safety Instructor and Lifeguard Training.

### Infant -Parent and Child Aquatics

Age 18 months & up. Parent - Child class.  
Familiarizes child with water. *Must be able to keep face comfortably in water to move to level 1.*

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Sessions are nine working days. If a lesson is cancelled, the 2<sup>nd</sup> Friday of each session will be used as a make up.  
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## SWIM LESSON SCHEDULE

LESSONS ARE \$38.00 per session.

You CANNOT register for this class on-line.

Maximum of 7 per class. May indicate a 2<sup>nd</sup> choice.

### SESSION 1: June 29 – July 9

TIME	LEVEL	LEVEL	LEVEL
9:00-10:00am	5	6	
10:00-10:30am	2	3	4
10:30-11:00am	1	3	4
11:00-11:30am	2A	2B	3
11:30am-12:00pm	1A	1B	2
12:00-12:30pm	1	2	4
4:00-4:30pm	3		
4:30-5:00pm	1		
5:00-5:30pm	1	4	
5:30-6:00pm	2	3	

### SESSION 2: July 13 – July 23

TIME	LEVEL	LEVEL	LEVEL
9:00-10:00am	5	6	
10:00-10:30am	2	3	4
10:30-11:00am	1	2	4
11:00-11:30am	1	2	3
11:30am-12:00pm	1	2	4
12:00-12:30pm	Infant	1	3
4:00-4:30pm	1		
4:30-5:00pm	4		
5:00-5:30pm	2	3	
5:30-6:00pm	1	2	

### SESSION 3: July 27 – August 6

TIME	LEVEL	LEVEL	LEVEL
9:00-10:00am	5	6	
10:00-10:30am	2	3	4
10:30-11:00am	1	2	4
11:00-11:30am	1	2	3
11:30am-12:00pm	1	2	3
12:00-12:30pm	Infant	2	3
4:00-4:30pm	4		
4:30-5:00pm	1		
5:00-5:30pm	2		
5:30-6:00pm	3	1	

Crandall's Pond will open: Saturday, June 13<sup>th</sup> & 20<sup>th</sup> & Sunday, June 14<sup>th</sup> & 21<sup>st</sup> from 1:00-6:00pm.

We will open for the season: Saturday, June 27<sup>th</sup> thru mid August, Mon – Sun from 1:00 - 6:00pm

Resident beach charge is \$2.00 per person, Non-Resident beach charge is \$5.00 per person on weekends.

**ABSOLUTELY NO SWIMMING ALLOWED  
WHEN BEACH IS NOT OPEN**

## PRESCHOOL & YOUTH PROGRAMS

CLASS	DAY RUNS	FEE # of wks	TIME	GRADE/AGE MIN/MAX	LOCATION
<b>MINI MUNCHKIN CAMP</b>	<b>TUES, WED &amp; THURS</b> June 30 – July 2	\$20 3 days	9:30 – 11:00am	Ages 2 & 3 10/15	Hicks Gym / Comm Rm
<b>PB &amp; J KIDS</b>	<b>WEDNESDAYS</b> May 6 – June 10	\$38.00 6 wks	3:30 – 4:15pm OR 5:30 – 6:15pm	Ages 3 – 5 7/12	Hicks Comm Rm
<b>FEE FI FO FUN.... Dress Up Fun for Everyone</b>	<b>THURSDAYS</b> May 7 – June 18 No class June 11	\$38.00 6 wks	9:15 – 10:00am OR 12:45 – 1:30pm	Ages 3 – 5 7/18	Hicks Gym
<b>SCAMPER TOTS</b>	<b>THURSDAYS</b> May 7 – June 18 No class June 11	\$38.00 6 wks	10:30 – 11:15am	Ages 18 months 3yrs 7/18	Hicks Gym
<b>SKYHAWKS TINY- HAWKS</b> (parent/child)	<b>MONDAY - FRIDAY</b> July 13 – July 17	\$88.00 1 wk	9:00 – 10:20am or 10:30 – 11:50am	Ages 3 & 4 15/24	TIS Gym/Fields
<b>TIGER TOTS TAE KWON DO</b>	<b>MONDAYS</b> May 4 – June 15 No class May 25	\$38.00 6 wks	10:45 – 11:45am	Age 3 & 4 5/9	Hicks Gym
	<b>TUESDAYS</b> July 14 – Aug 11	\$32.00 5 wks	10:30 – 11:30am		
<b>MAD SCIENCE®</b> Junior Scientists Fun Lab Camp	<b>MONDAY – THURSDAY</b> July 20 – July 23	\$139.00 4 days	9:00am – 12:00pm	Ages 4 – 6 12/20	TIS
<b>CAMP HODGE PODGE</b>	<b>MONDAY – THURSDAY</b> Sess 1: July 6 – July 9 Sess 2: July 13 – July 16	\$43.00 4 days	1:00 – 3:00pm	Ages 4 & 5 11/15	Hicks Comm Rm

**MINI MUNCHKIN CAMP:** During this parent/child class children will have fun with the balance beam, rope, tumbling, parachute, games & a craft. Bring a snack. **Instructor Carol Therrien**

**PB & J KIDS:** Play parachute games, Bop to fun dance movements and Join silly puppets singing familiar songs. An exciting class mixed with active movement games and relaxing sing-a-longs. Parent/child class

**FEE FI FO FUN:** Dress-ups, props and pop-up tents will spark your child's imagination and encourage socialization. Tunnels, hoops and balls will encourage gross motor activity creating a workout for the body, mind and spirit! Class begins with unstructured free play followed by a circle time for songs, movement games and parachute play.

**SCAMPER TOTS:** A parent/child class designed to encourage gross motor skills, sensory exploration and socialization. Children will love using tunnels, hoops and balls as well as a "sensory pool" filled with objects. Class begins with unstructured free play followed by circle time with interactive songs with puppets, movement games and parachute play. **Instructor Diane McHugh**, Early Childhood Educator

**SKYHAWKS TINY HAWKS:** Helps children fine-tune their motor skills with athletics & teach the basic skills of the sport while fostering the natural thirst for discovery found at this age. Parents must stay on-site. Participants should bring appropriate clothing, shoes, sunscreen, snacks & a water bottle. **Instruction by Skyhawks staff**

**TIGER TOTS TAE KWON DO:** Class format is very playful & combines physical fitness with LIFE SKILLS training, such as practicing patience, focus, respect & taking turns. Young children are introduced to the martial arts in a challenging but fun & relaxed manner. **Instructor Darcy Nelson, 4<sup>th</sup> degree Black Belt**

**MAD SCIENCE JUNIOR SCIENTISTS FUN LAB CAMP:** Have your child become a Mad Science "Junior Scientist" and come with us to discover how much fun science really is! In this Fun Lab children get a chance to explore many aspects of the world such as energy, motion, & water, as well as the lives of animals. They'll make various things to take home which encourages them to pursue their scientific curiosity. **Instructor Mad Science Staff**

**CAMP HODGE PODGE:** During this class children will have fun creating great craft projects as well as playing a variety of games. A good way for your child to meet new friends and socialize. Bring a snack.

**Instructors Carol Therrien, Amy Heitala or Tami Copeland**

## YOUTH PROGRAMS & SPORTS

CLASS	DAY RUNS	FEE # of wks	TIME	GRADE/AGE MIN/MAX	LOCATION
<b>MYSTERY WRITING WORKSHOP I</b>	<b>MONDAYS</b> Sess 1: May 4 – May 18 Sess 2: June 29 – July 13	\$32.00 3 wks	6:00 – 7:00pm	Age 8 – 11 5/15	S1 - TIS Library S2 - Hicks Conf Rm
<b>MYSTERY WRITING WORKSHOP II</b>	<b>MONDAYS</b> Sess 1: June 1 – June 15 Sess 2: July 27 – Aug 10	\$32.00 3 wks	6:00 – 7:00pm	Age 8 – 11 5/15	S1 - TIS Library S2 - Hicks Conf Rm
<b>SPECIAL INTEREST WRITING</b>	<b>WEDNESDAYS</b> Sess 1: May 6 – May 20 Sess 2: Aug 5 – Aug 19	\$32.00 3 wks	6:00 – 7:00pm	Ages 8 – 11 5/15	S1 - TIS Library S2 - Hicks Conf Rm
<b>BABYSITTER SAFETY COURSE</b>	Sess 1: May 4 & May 6 (m/w) Sess 2: Jun 2 & Jun 4 (t/th)	\$44.00	2:45 – 5:45pm	Ages 11 & up 6/12	TMS Room #15
	Sess 3: July 13 (m) Sess 4: Aug 5 (w)		10:15am – 4:15pm		Tolland Library Program Room
<b>MAD SCIENCE® NASA Program</b>	<b>THURSDAYS</b> May 7 – June 11	\$99.00 6 wks	3:45 – 4:45pm	Grades 2 – 5 12/21	TIS Room 229
<b>YOUTH/ADULT GUITAR LESSONS BEG</b>	<b>THURSDAYS</b> May 7 – June 11	\$56.00 6 wks	5:30 – 6:30pm	Ages 12 & up 5/8	TMS Choral Room
<b>JUNIOR RUNNING CLUB</b>	<b>THURSDAYS</b> April 30 – May 28	\$23.00 5 wks	5:00 – 6:00pm	Grades 1 – 8 10/30	TMS Track
<b>JUKIDO – BEGINNER</b>	<b>WEDNESDAYS</b> May 6 – June 17	\$31.00 7 wks	6:30 – 7:30pm	Ages 6 & up 10/24	TIS Mini Gym
<b>JUKIDO – YOUTH</b>	Sess 1: Apr 28 – June 16	\$35.00 8 wks	6:30 – 7:30pm	Ages 8 & up (Requires Beg. Jukido) 10/24	TIS Mini Gym
	Sess 2: June 30 – Sept 29 No class July 14, Aug 25	\$53.00 12 wks	7:30 – 8:30pm		Hicks Gym

**MYSTERY WRITING WORKSHOP I:** Come be creative and learn to write your own mystery story.

**MYSTERY WRITING WORKSHOP II:** Available only for those students who have completed the first mystery writing workshop. They will dissect a real mystery story & learn the critical components to writing a captivating story of their own.

**SPECIAL INTEREST WRITING WORKSHOP:** A three-part workshop geared to those boys & girls who struggle with writing on a daily basis. Students will be given the opportunity to write a short story on a subject of their choosing. The instructor will provide them with helpful techniques to gather information & write a story that will surely impress their teachers. **Instructor Andre J Garant – Tolland Children’s Author**

**BABYSITTER SAFETY COURSE:** There is more to babysitting than playing with children. Caring for them is an important job that requires knowledge, skills and responsibility. Learn the skills necessary to care for children of all ages in various settings. Covers first aid, rescue breathing, obstructed airway management for the conscious choking child. Includes CPR training only for infants and children & does not include certification. Books & course completion certificate included. Must be 11 by the start of class. Bring snack. **CPR-O-Heart staff**

**MAD SCIENCE® NASA Program:** Explore the Earth, Moon, Mars & Beyond! Mad Science & NASA have teamed up to bring you the excitement & wonder of space. Some topics of discussion will be Space Travel, Planets & Moons, Living in Space, & Rocket Science. **Instructor Mad Science Staff**

**YOUTH/ADULT GUITAR LESSONS:** Learn the basics of guitar playing and how to read music in a fun and relaxed atmosphere. No previous musical experience required. Bring your own guitar or rentals are available (indicate at time of registration). A music book will be provided for a small fee payable to the instructor. **Instructor Barry Grieka**

**JUNIOR RUNNING CLUB:** This 5 week program is designed to help young runners get ready to run a race. At the end of 5 weeks, runners ages 8-14 will be prepared to run in the Hershey Track & Field meet on May 27<sup>th</sup>. Participants will be grouped by age during runs. **Instructor Judi Lafontaine**

**JUKIDO-BEGINNER:** Jukido is a style of Japanese Jujitsu the techniques of which were founded centuries ago. It emphasizes safety & doing one’s best while introducing the principles of karate, Judo, & Aikido.

**JUKIDO-YOUTH:** This class builds on the fundamentals taught in beginner Jukido. Jujitsu was used by Japan’s elite warrior class, the samurai, & perfected over hundreds of years in combat. **Instructor Master Joaquin Betancourt, International Kokondo Association**

## YOUTH SPORTS & YOUTH CAMPS

CLASS	DAY RUNS	FEE # of wks	TIME	GRADE/AGE MIN/MAX	LOCATION
<b>SKYHAWKS MULTI SPORTS T-ball/Soccer</b>	<b>TUESDAYS</b> May 12 – June 9	\$63.00 5 wks	5:45 – 6:30pm	Ages 4 & 5	Birch Grove Gym
			6:45 – 7:30pm	Ages 5 & 6 10/20	
<b>YOUTH GOLF LESSONS</b>	<b>TUESDAYS</b> June 30 – July 14	\$63.00 4 wks	5:00 – 6:00pm	Ages 8 – 15 6/8	Skungamaug River Golf Club
<b>GIRLS BASKETBALL LEAGUE</b>	<b>TUES &amp; THURS</b> June 16 – July 23	\$50.00 6 wks	6:00 – 8:00pm	Grades 4 – 7 18/36	Heron Cove Outdoor Court
<b>ARCHERY – BEGINNER</b>	<b>TUESDAYS</b> Sess 1: May 19 – June 16 Sess 2: July 7 – Aug 4 Sess 3: Sept 1 – Sept 29	\$51.00 5 wks	6:00 – 7:00pm	Ages 8 & up 6/10	Outside by Library
<b>ARCHERY – INTERMEDIATE</b>	<b>TUESDAYS</b> Sess 1: May 19 – June 16 Sess 2: July 7 – Aug 4 Sess 3: Sept 1 – Sept 29	\$51.00 5 wks	7:00 – 8:00pm	Ages 8 & up 6/10	Outside by Library
<b>LEGO® – Pre-Engineering</b>	<b>MONDAY – FRIDAY</b> July 27 – July 31	\$156.00 1 wk	8:00 – 11:00am	Age 5 & 6 11/20	TIS Library
<b>LEGO® – Engineering FUNDamentals</b>	<b>MONDAY – FRIDAY</b> July 27 – July 31	\$156.00 1 wk	11:45am - 2:45pm	Age 7 – 11 11/20	TIS Library
<b>MESSY PLAY CAMP</b>	<b>MON – THURS</b> Sess 1: July 6 – July 9 Sess 2: July 13 – July 16 Sess 3: July 20 – July 23 Sess 4: July 27 – July 30 Sess 5: Aug 3 – Aug 6	\$58.00 4 days	9:30am– 12:30pm	Ages 6 – 9 11/16	Hicks Comm Room

**SKYHAWKS MULTI SPORTS:** Young athletes learn the fundamental skills of T-ball & Soccer through fun games & exercises, then get a chance to test their new skills & strategy with interactive group activities & games. Participants should bring appropriate clothing & sneakers. **Instructors Skyhawks Staff**

**YOUTH GOLF LESSONS-BEG:** A chance to learn or improve your golfing skills. This course will cover different aspects of the game necessary to play good golf including driving, putting, irons, etc. Last Class is a double session. Clubs available if you do not have your own. **Instructor Rick Nelson, PGA Professional**

**GIRLS BASKETBALL LEAGUE:** Open to girls currently enrolled in 4<sup>th</sup> – 7<sup>th</sup> grade. Girls will be divided by age & talent to ensure fair teams. Weekly games. T-shirts included. **Instructor Mike Lewis**

**ARCHERY- BEGINNER:** A great activity for kids. Students will enjoy shooting each week and learn the history of archery & proper technique. It teaches patience, attention to detail & concentration. Last class includes a “carnival day” when archery games will be played. Equipment is provided.

**ARCHERY- INTERMEDIATE:** Held in conjunction with the Junior Olympic Archery Development Program (JOAD) this class provides more advanced teachings about proper archery technique, as well as lessons on goal setting and positive self-image. Students will be able to qualify for JOAD awards and advance their distance from the target. Must have completed the beginner archery program with Mr. Hall. **Instructor-William Hall, U.S. Regional Champion**

**LEGO® –Pre-Engineering:** Using LEGO®™, we'll create, play & learn. Build a town, city or star base with houses, buildings, pyramids, bridges, tunnels, towers & more. Build motorized cars, trains, buses & trucks; race them; crash them; repair them. Explore the many possibilities of LEGO® building systems while learning useful construction techniques.

**LEGO®- Engineering FUNDamentals:** Using LEGO®, we'll explore concepts in physics, mechanical engineering, structural engineering, & architecture while playing with your favorite creations. Sessions include projects with instruction & free-building time to construct that “really great project” with huge quantities of LEGO®. These are fun, challenging, hands-on & minds-on camps suitable for LEGO® novices to “maniacs”. **Instructor Play-Well TEKnologies Staff**

**MESSY PLAY CAMP:** A wonderful collection of projects will be made using a variety of materials & formats. This program combines arts & crafts projects, games & fun. A great way for your child to socialize and have fun with messy projects. Bring a lunch. **Instructors Carol Therrien & Amy Heitala or Tami Copeland**

## YOUTH CAMPS

CLASS	DAY RUNS	FEE # of wks	TIME	GRADE/AGE MIN/MAX	LOCATION
<b>WIFFLE BALL CAMP</b>	<b>MONDAY – FRIDAY</b> July 6 – July 10	\$70.00 1 wk	9:00am – 11:00am	Grades 5 – 9 10/25	Tolland Middle
<b>TAE KWON DO CAMP - Intro</b>	<b>MONDAY - THURSDAY</b> August 10 – August 13	\$38.00 4 days	1:00 – 2:30pm	Ages 5 – 10 5/15	Hicks Gym
<b>TENNIS TEAM &amp; LADDER</b>	<b>MONDAY – FRIDAY</b> June 30 – Aug 20	\$92.00 7 wks	1:00 – 3:00pm	Ages 8 & up 20/45	Tolland Tennis Crts
<b>TENNIS CAMP</b>  No class July 3rd	<b>MONDAY – FRIDAY</b> Sess 1: June 29 – July 10 Sess 2: July 13 – July 23 Sess 3: July 27 – Aug 4 * Sess 4: Aug 10 – Aug 20	\$55.00 9 days *\$43.00 7 days	8:30 – 10:15am OR 10:15am-12:00pm	Ages 6 & up 22/30	Tolland Tennis Courts
<b>YOUTH RUNNING CAMP</b>	<b>MONDAY – FRIDAY</b> Sess 1: June 29 – July 3 Sess 2: Aug 10 – Aug 14	\$75.00 1 wk	9:00am – 12:00pm	Ages 6 – 12 10/20	TMS Track
<b>BASEBALL CAMP</b>	<b>MONDAY – FRIDAY</b> July 13 – July 17	\$75.00 1 wk	8:30 – 11:00am	Grades 4 – 7 10/25	TMS Field/Gym
<b>DRILLS &amp; SKILLS BASKETBALL CAMP</b>	<b>MONDAY – FRIDAY</b> Sess 1: July 6 – July 10 Sess 2: July 13 – July 17	\$106.00 1 wk	8:30am – 2:30pm	Ages 9 – 14 10/40	Tolland High School Gym
<b>ONE ON ONE SOCCER CAMP</b>	<b>MONDAY – FRIDAY</b> July 20 – July 24	\$50.00 1 wk	8:30am – 10:30pm	Grades 3 – 6 10/25	Tolland Middle School

**WIFFLE BALL CAMP:** That's right ...everyone's favorite backyard game!! The sight of the white plastic ball knuckling through the air. The sound of the yellow plastic bat as it makes contact with the ball. The celebration of a game winning hit! Games, Games, Games! Prizes and a winner take all tournament. **Instructor Scott Curtis**

**INTRO TO TAE KWON DO:** The class will cover the basics of Tae Kwon Do and leave room for fun. Wear comfortable clothing. **Instructor Nick Cinea, 4<sup>th</sup> Degree Black Belt** (an instructor at Nelson's Tae Kwon Do)

**TENNIS TEAM & LADDER:** Three different levels of competition: lower, middle and upper. Participants will compete in challenge matches according to skill levels. Involves some travel to matches with other towns. **Schedules will be handed out** with dates and times. **Instructor Greg Emerson**

**TENNIS CAMP:** A good instructional program designed to cover all aspects of the game. Learn or improve your game. The second Friday of each session will be used for a make up day. Bring your own racquet and a new can of tennis balls. **Instructor Greg Emerson**

**YOUTH RUNNING CAMP:** Designed to help young runners learn good habits to become a life long runner. Activities include games, crafts, snacks & of course running. **Instructor Judi Lafontaine**

**BASEBALL CAMP:** A good program for learning and improving your baseball skills. Learn through the use of specially designed skill development drills and hands on instruction. Good instructor to student ratio. Students grouped by age and ability. Bring sunscreen and water. **Instructor Scott Curtis**

**DRILLS & SKILLS BASKETBALL CAMP Coed:** THS Eagles drills and skills camp. This camp will emphasize basketball fundamentals, off season conditioning & general knowledge of sport nutrition. Campers will be challenged offensively & defensively through selected skill activities & drills. Bring lunch & water. **Instructor Rocky Sansone (THS coach)**

**ONE ON ONE SOCCER CAMP:** A soccer camp for recreational players grades 3<sup>rd</sup> thru 6<sup>th</sup>. A good small camp with a guaranteed 1 instructor for every five students ratio. This ensures more individual instruction to take place which enables players to develop and hone their skills faster. Combines challenging drills to teach specific skills with fun games and contests. Each participant will receive a soccer ball to take home. **Instructor Jordan Bridge, Marissa Santos**

## YOUTH CAMPS

CLASS	DAY RUNS	FEE # of wks	TIME	GRADE/AGE MIN/MAX	LOCATION
SKYHAWKS <b>Multi-Sports Camp</b> - soccer/baseball/basketball	<b>MONDAY – FRIDAY</b> Aug 3 – Aug 7	\$125.00 1 wk	9:00am – 12:00pm	Ages 7 – 10 15/40	TIS Gym/Fields
SKYHAWKS <b>Mini Hawks Camp</b> - soccer/baseball/basketball	<b>MONDAY – FRIDAY</b> Aug 3 – Aug 7	\$125.00 1 wk	9:00am – 12:00pm	Ages 5 – 7 15/30	TIS Gym/Fields
SKYHAWKS <b>Cheerleading Camp</b>	<b>MONDAY – FRIDAY</b> July 6 – July 10	\$125.00 1 wk	9:00am – 12:00pm	Ages 6 – 12 15/25	TIS Gym/Fields
SKYHAWKS <b>Flag Football Camp</b>	<b>MONDAY – FRIDAY</b> July 6 – July 10	\$125.00 1 wk	9:00am – 12:00pm	Ages 6 – 12 15/28	TIS Gym/Fields
SKYHAWKS <b>S.N.A.G. Golf Camp</b>	<b>MON – THURS</b> June 29 – July 2	\$99.00 4 days	9:00am – 12:00pm	Ages 5 – 8 15/20	TIS Gym/Fields
SKYHAWKS <b>Track &amp; Field Camp</b>	<b>MONDAY – FRIDAY</b> July 20 – July 24	\$125.00 1 wk	9:00am – 12:00pm	Ages 8 – 14 15/30	TMS Gym/Track
MAD SCIENCE® <b>Secret Agent Lab: James Bond Camp</b>	<b>MON – THURS</b> July 20 – July 23	\$139.00 4 days	9:00am – 12:00pm	Ages 7 – 12 12/20	TIS
MAD SCIENCE® <b>Red Hot Robots Camp</b>	<b>MON – THURS</b> June 29 – July 2	\$159.00 4 days	9:00am – 12:00pm	Age 8 – 12 12/20	TIS
<b>PERFORMING ARTS CAMP</b>	<b>MONDAY – FRIDAY</b> July 13 – July 17	\$232.00 1 wk	9:00am – 2:30pm	Ages 6 – 12 15/40	TIS Café

### SKYHAWKS -

- **MULTI-SPORT (soccer, baseball, basketball):** Young athletes are introduced to a number of different sports in one camp. Designed to motivate children to lead a healthy active lifestyle while giving them the fundamental skill sets needed to succeed & grow in whichever sport they choose.
- **MINI HAWKS (soccer, baseball, basketball):** Young children explore soccer, baseball, & basketball in a day-program setting. There is no pressure – just lots of fun while these young athletes participate in all three sports through unique Skyhawks games.
- **CHEERLEADING** – Young athletes learn all the essential skills to lead the crowd & support the team while preparing for competition. Each athlete will learn cheers, as well as the proper hand & body movements & jumping techniques.
- **FLAG FOOTBALL** – Offers a complete package of skills & thrills that teaches young athletes to enjoy this fast-paced game. The camp introduces the core skills of passing, catching, & de-flagging or defensive positioning – all presented in a fun & invigorating training environment.
- **S.N.A.G. – Starting New at Golf** – Focuses on building the confidence of young athletes through training in proper technique 7 foundational skills utilizing SNAG technology. The SNAG equipment includes oversized plastic club heads & “mini tennis balls” to help build confidence & to have fun. Please do NOT bring clubs.
- **TRACK & FIELD** – Combines technical development, fundamental techniques & fun while introducing young athletes to many Olympic-style events. Will teach fundamentals of body positioning, stride, proper stretching, & cool-down techniques.

**Instruction by Skyhawk’s Staff**

\*\*Skyhawks participants should bring appropriate clothing, shoes, a snack, a water bottle, & sunscreen\*\*

**MAD SCIENCE® Secret Agent Lab James Bond Edition Camp** – Develop your special agent & detective skills in this super hands-on week of fun! Uncover the science involved in evidence-gathering & analysis. Become a super sleuth & discover many of the science-based “tricks” that spies use. From decoding messages to metal detectors & night vision, campers will have the opportunity to check out spy equipment, & discover the exciting technological tools of detection.

**MAD SCIENCE® Red Hot Robots Camp** – Delve into the fascinating world of robotics & machines in this weeklong program. Children will *construct their own robots* while gaining a working knowledge of the science of circuits, wheels, gears, & sensors. They will build motorized robots, most likely one that can be set up to walk on 4 or 6 legs or to move like a monkey hand-over-hand down a rope. Robots go home with campers on the last day of the program. All supplies included. **Instructor Mad Science Staff**

**PERFORMING ARTS CAMP:** This program is for the young drama & dance enthusiasts. Students will participate in exciting acting and dance classes. Topics/activities: Musical Theater dance routines, theater games, acting terminology, Improvisational and concentration exercises, voice & speech, sense memory, subtext, stage skills and script work. Program concludes with performance for family & friends. **Instructor Performing Arts Staff**

## ADULT WELLNESS

CLASS	DAY/RUNS No class dates	FEE # of wks	TIME	AGE MIN/MAX	LOCATION
ADULT JUKIDO	<b>TUESDAYS</b> Session 1: April 28 – June 16	\$35.00 8 wks	8:00 – 9:00pm	13 & up 10/24	Hicks Gym
	Session 2: June 30 – Sept 29	\$53.00 12 wks			
KOKONDO KARATE	<b>WEDNESDAYS</b> May 6 – June 17	\$27.00 7 wks	8:00 – 9:00pm	13 & up 10/24	TIS Mini Gym
	<b>TUESDAYS</b> June 30 – September 29	\$45.00 12 wks			Hicks Gym
PM KICK BOXING BOOT CAMP	<b>WEDNESDAYS</b> Session 1: April 29 – June 17	\$43.00 8 wks	6:15 – 7:15pm	16 & up 8/25	Hicks Gym
	Session 2: July 1 – July 29	\$22.00 4 wks			
	Session 3: August 12 – Sept 9 No class July 22, August 26				
AM YOGA	<b>TUESDAYS</b> Session 1: May 12 – June 9	\$28.00 5 wks	9:00 – 10:00am	16 & up 10/25	Hicks Gym
	Session 2: July 14 – August 4	\$23.00 4 wks			
	Session 3: August 18 – Sept 8				
PM PILATES with Tools	<b>TUESDAYS &amp; THURSDAYS</b> Session 1: April 30 – June 25 No class May 5	\$63.00 8 wks	6:30 – 7:15pm	16 & up 12/25	Hicks Gym
	Session 2: July 7 – August 6	\$40.00 5 wks			
	Session 3: August 18–Sept 17				
BASIC BOATING COURSE	<b>TUESDAYS &amp; THURSDAYS</b> April 21 – May 7	\$5.00 3 wks	7:00 – 9:00pm	16 & up 10/20	TIS Library

**ADULT JUKIDO:** Jukido is a style of Japanese Jujitsu the techniques of which were founded centuries ago. Jujitsu was used by Japan's elite warrior class, the samurai, combat. Jukido emphasizes safety and doing one's best in a no-nonsense approach to self-defense. **May 5<sup>th</sup> class at Tolland Intermediate School Gym.**

**KOKONDO KARATE:** Kokondo Karate is primarily a Japanese style of Karate. It uses principles indigenous to the far east and draws from the most effective and traditional techniques from Japan, Okinawa and China. The emphasis is traditional no-nonsense self defense and perfection of technique.

**Instructor Master Joaquin Betancourt, International Kokondo Association**

**PM KICK BOXING BOOT CAMP:** A fun workout starting out with basic aerobic kick boxing moves followed by simple boot camp style strength training working the entire body. All fitness levels are encouraged to join.

Please bring sneakers, water and one set of 2 – 5lb. weights to class.

**Instructor Natasha Wilczewski, certified black belt**

**AM YOGA:** In this class we will perform a series of breathing exercises, warm-ups, simple yoga postures, and meditation techniques to stretch and strengthen the body and calm the mind. The aim of this class is to learn to develop strength and flexibility and reduce stress. No prior experience with yoga is necessary. Please bring a sticky mat if you have one and a blanket or towel. **Instructor Amy Evans**

**PM PILATES With Tools:** An exercise class combining static stretching and controlled breathing in a series of controlled, non-impact movements. This class is referred to the "powerhouse" of muscles. The muscles form a support for the spine and pelvis. Exercise in the Pilates mat work are activating the "powerhouse" which leads to a stronger core. We will incorporate free weights and ball work to challenge your body. Please bring a mat, weights and ball. **Instructor Davender Khokhar**

**BASIC BOATING COURSE:** Program starts right away, don't wait. Register under Winter 09 programs. This 6 class course will earn you a safe boating and personal water craft (PWC) certificate to use to apply for a boating license. Learn the basics of safe boating. Topics include- boat handling, rules of the road, equipment regulation, covers jet ski requirements. Must attend all classes. **Material fee is approximately \$45.00 (one per family) for course book payable to instructor at first class.** Must pass test at end of course to apply for license. Bring highlighter and pen to class. **Instruction: Manchester Power Squadron**

## ADULT WELLNESS

CLASS	DAY/RUNS No class dates	FEE # of wks	TIME	AGE MIN/MAX	LOCATION
AM FITNESS	<b>FRIDAYS</b>		9:15 – 10:30am	16 & up 13/30	Hicks Gym
	Sess 1: May 1 – Jun 26 No class Jun 12	\$34.00 8 wks			
	Sess 2: Jul 10 – Aug 7 Sess 3: Aug 14 – Sept 11	\$24.00 5 wks			
PM FITNESS	<b>WEDNESDAYS</b>		7:30 – 8:45pm	16 & up 13/30	Hicks Gym
	Sess 1: Apr 29 – Jun 17	\$34.00 8 wks			
	Sess 2: June 24 – July 29 Sess 3: Aug 5 – Sept 9	\$27.00 6 wks			
AM ZUMBA	<b>WEDNESDAYS</b>		9:15 – 10:30am	16 & up 13/30	Hicks Gym
	Sess 1: May 6 – June 24	\$34.00 8 wks			
	Sess 2: July 8 – August 5 Sess 3: August 12– Sept 9	\$\$22.00 5 wks			
PM ZUMBA	<b>THURSDAYS</b>		7:30 – 8:45pm	16 & up 14/30	Hicks Gym
	Sess 1: April 30 – June 25 No class June 11	\$32.00 8 wks			
	Sess 2: July 9 – Aug 6 Sess 3: Aug 13 – Sept 10	\$21.00 5 wks			
AM FITNESS/ZUMBA	<b>MONDAYS</b>		9:15 – 10:30am	16 & up 13/30	Hicks Gym
	Sess 1: May 4 – June 22 No class May 25	\$30.00 7 wks			
	Sess 2: June 29 – July 27 Sess 3: Aug 3 – Aug 31	\$22.00 5 wks			
PM FITNESS/ZUMBA	<b>MONDAYS</b>		7:30 – 8:45pm	16 & up 13/30	Hicks Gym
	Sess 1: April 27 – June 22 No class May 25	\$34.00 8 wks			
	Sess 2: June 29 – July 27 Sess 3: Aug 3 – Aug 31	\$22.00 5 wks			

**AM & PM FITNESS:** Fitness classes designed for the whole body with emphasis on back safety through proper alignment, cardiovascular and muscular conditioning and strengthening, body sculpting, deep muscle toning, core stabilization, stretching and flexibility work. All classes consist of cardio, resistance and stretching. A rotating schedule of aerobic workouts includes a variety of cardio, interval, step, boot camp, Swedish, pilates and resistance training (using fitness “toys”; balls, bands/tubes, weights, benches) All ages (teen & up) and fitness levels welcome. FOR PM classes: special emphasis on resistance training using weights and bands/tubes.

**AM & PM ZUMBA:** Zumba is a fusion of Latin and International music/dance themes that create a dynamic, exciting, effective fitness system. The classes feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy to follow fitness/dance steps.

**AM & PM FITNESS/ZUMBA:** offering Fitness and Zumba\* classes! Alternating workouts including Zumba & Zumba toning, Swedish, Step and hi/lo cardio. All workouts consist of cardio, resistance, pilates & core strengthening and stretching. (\*see above for description of Zumba classes) **AFAA and ZUMBA Certified Instructor Jeanette Dellaripa**

**FOR AM CLASSES ONLY:** A play area and babysitter will be available for children in the gym, \$1.00 per child.

### “ZUMBA PARTY LIVE!”

#### Fund Raiser Classes:

- Saturday, May 9<sup>th</sup>, 9-10:15am: to benefit the Tolland Recreation Scholarship Fund
- Saturday, May 30<sup>th</sup>, 9-10:15am: to benefit the Tolland Public Library
- Saturday, June 27<sup>th</sup>, 9-10:15am: to benefit the new Tolland Youth Hall

Join us, at the Hick’s gym, for one hour of Zumba Fitness with LIVE music! The great Zumba music will be accompanied by a professional musician on drums and other international percussion instruments! Total Body stretching will be offered after each class. All are welcome, teens and adults. Suggested donation: \$5 minimum

## ADULT SPORTS

CLASS	DAY/RUNS No class dates	FEE # of wks	TIME	AGE MIN/MAX	LOCATION
ADULT BASKETBALL	<b>MONDAYS</b> May 4 – June 15 no class May 25	\$16.00 6 wks	7:00 – 8:30pm	19 & up 10/30	TMS Gym
ADULT BASKETBALL	<b>WEDNESDAYS</b> May 6 – June 10	\$20.00 6 wks	7:00 – 9:00pm	35 & up 10/30	TMS Gym
POWER VOLLEYBALL	<b>TUESDAYS</b> May 5 – June 16	\$25.00 7 wks	7:15 – 9:15pm	18 & up 9/30	TIS Gym
COED VOLLEYBALL	<b>MONDAYS</b> Session 1: May 4 – June 15 No class May 25	\$21.00 6 wks	7:00 – 9:00pm	16 & up 9/28	TIS Gym
	Session 2: July 6 – Aug 10	\$18.00 6 wks	6:30 – 8:00pm	16 & up 9/18	Crandall Sand Court
COED GOLF LESSONS	<b>TUESDAYS</b> Session 1: May 5 – May 26 Session 2: Sept 1 – Sept 22	\$63.00 4 wks	6:00 – 7:00pm	16 & up 6/8	Skungamaug River Golf Course (End of Goose Lane)
	<b>THURSDAYS</b> May 7 – May 28		5:00 – 6:00pm		
LADIES GOLF LESSONS	<b>TUESDAYS</b> June 2 – June 23	\$63.00 4 wks	6:00 – 7:00pm	16 & up 6/8	
	<b>THURSDAYS</b> Aug 6 – Aug 27				
TOLLAND/COVENTRY SLOW PITCH SOFTBALL LEAGUE	<b>Monday - Thursday</b> Starts in May	Fee by Team	6:30pm Or 8:00pm	18 & up	Crandall Park
OVER 35 SLOW PITCH SOFTBALL LEAGUE	<b>FRIDAYS</b> Starts in May	Fee by Team	6:30pm 7:45pm 9:00pm	35 & up	Crandall Park

**ADULT BASKETBALL:** Pick up games using short courts. Must register with the Recreation Department prior to playing. **Instructor Phil Doucette**

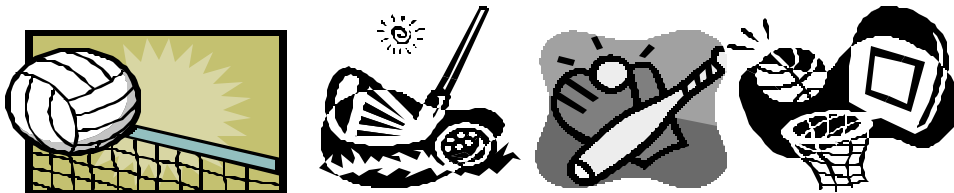
**POWER VOLLEYBALL:** Coed pick up games for players with prior experience. Must register with the Recreation office. **Instructor Sandy Willis**

**COED VOLLEYBALL:** Enjoy friendly pick-up games with men and women of various skill levels. This informal volleyball program is for participants to bump, set & spike in a friendly atmosphere. **Instructor: Larry Delisle**

**COED OR LADIES GOLF LESSONS BEGINNER:** Learn the basics of golf, proper grip, alignment, swing, etiquette and rules. Covers fundamentals of driving, chipping and putting. **Instructor Rick Nelson, PGA Professional**

**TOLLAND/COVENTRY SLOW PITCH SOFTBALL LEAGUE:** Weeknights at Crandall Park starting in May. A good competitive league for adults 18 and over. Some resident restrictions apply. To put your name on the list to be placed on a team, call the Recreation Department at 871-3610.

**OVER 35 SLOW PITCH SOFTBALL LEAGUE:** Plays Friday nights at Crandall Park. Tolland residents only. Fun, friendly competition and good exercise. To put your name on the list to be placed on a team, call the Recreation Department at 871-3610.



## ADULT PROGRAMS

CLASS	DAY/RUNS No class dates	Fee # of wks	TIME	AGE MIN/MAX	LOCATION
<b>LEARN to KNIT Beg/Int</b>	<b>TUESDAYS</b> May 5 – June 9	\$27.00 6 wks	6:30 – 8:00pm	16 & up 9/12	TIS Room #237
<b>CPR Adult/Child &amp; AED</b>	<b>MONDAY or WEDNESDAY</b> Session 1: June 1 (m) Session 2: August 5 (w)	\$42.00	6:00 – 9:00pm	16& up 6/12	Hicks Community Room
<b>CPR Adult/child/Infant</b>	<b>MONDAY or WEDNESDAY</b> Session 1: May 13 (w) Session 2: July 20 (m)	\$48.00	6:00 – 9:30pm		
<b>YOUTH/ADULT GUITAR LESSONS</b>	<b>THURSDAYS</b> May 7 – June 11	\$56.00 6 wks	5:30 – 6:30pm	12 & up 5/8	TMS Room Choral Room
<b>ADULT GUITAR LESSONS</b>	<b>THURSDAYS</b> May 7 – June 11	\$56.00 6 wks	6:30 – 7:30pm	18 & up 5/8	TMS Room Choral Room
<b>BALLROOM DANCING BASICS</b>	<b>THURSDAYS</b> May 7 – June 11	\$75.00 Per person 6 wks	7:15 – 8:15pm	16 & up 6/12	TIS Café
<b>LATIN DANCE I LATIN DANCE II</b>	<b>MONDAYS</b> May 4 – June 1 No class May 25	\$65.00 Per person 4 wks	I /6:00–7:15pm II /7:15–8:30pm	16 & up 6/12	TIS Café

**LEARN TO KNIT:** New, novice or intermediate knitters; this is your class! We will cover what you need to know when you need to know it. Bring your problems, questions, projects you never finished. Learn the basics of knitting, casting on & binding off, knitting & purling and simple combinations, simple cables, reading and interpreting patterns and abbreviations, different yarns and their uses and how the internet can help with knitting. Materials needed for class are a skein of worsted weight yarn and needles sizes 6, 7 or 8 to practice stitches & techniques. Bring patterns and materials needed for individual project. **Instructor Lori D’Andrea**

**CPR -ADULT/CHILD & AED:** . This course teaches what to do in a life threatening emergency that involves Sudden Cardiac Arrest (SCA) and the use of the AED (Automated External Defibrillator). AED’s are common in public places and increase chances of survival. Knowledge and skills covered include choking, CPR, recognize warning signs for heart attack and stroke and using the AED.

**CPR –ADULT/CHILD/INFANT:** This American Heart Association (AHA) course covers the knowledge and skills for emergencies that require CPR for all victims. The course teaches what to do in a life threatening emergency. Most emergencies occur at home or near home. These emergencies include choking and sudden cardiac arrest (SCA). Certification upon successful completion of all skills .**Instructor CPR-O-HEART, LLC**

**Youth/Adult GUITAR BEGINNER** Students will learn the basics of guitar playing, how to read music and play simple songs in a fun and relaxed atmosphere. No previous musical experience necessary.

**ADULT GUITAR LESSONS:** Learn the basics of guitar playing, how to read music and play simple songs in a fun and relaxed atmosphere. A music book will be provided for a small fee payable to instructor

**Instructor Barry Grieka –**

**BALLROOM DANCING BASICS** – This class is designed to introduce students to the basics of Ballroom dancing with a focus. on basic techniques including footwork, dance patterns leading and flowing. In addition, the group style setting is designed to help people maneuver around a crowded dance floor. Dances that are taught:: Waltz, Rumba, Salsa, Foxtrot, Cha Cha, Merengue Tango, Single Swing Hustle, Social Fox Triple swing. Instructor will choose four dances to teach. These classes are for couples or singles. **Instruction by VAN Dance CT staff**

**LATIN DANCE I:** Did you get excited about the TV contest *Dancing with the Stars* and wished that you were a part of it? Or is your desire to become a potential dance competitor in *So You Think You Can Dance*? Then this is the class for you. You will learn how to master sensual and hot Latin rhythms such as Salsa, Cumbia and Merengue. Also be introduced to other Caribbean rhythms such as Cha-cha, Mambo and Bachata. No partner needed to participate in this class.

**LATIN DANCE II:** If you feel strong with Latin foot work and know basic turns wit you partner then I will teach how to become a strong leader and attentive follower. You will learn a large variety of turns and foot work combinations for Merengue and Bachata rhythms.. There will be warm ups with Cumbia, Salsa and Cha-cha. No partner needed.

**Instructor Oswaldo Tirano**

# Instructor-Facilitated Online Courses

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively discussion areas.

All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office. Any time of the day or night.

## How to Get Started:

1. Visit our Online Instruction Center:  
[www.ed2go.com/tollandrec](http://www.ed2go.com/tollandrec)
2. Click the **Courses** link, choose the department and course title you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

## Tolland Recreation

(860) 871-3610

### Course Categories

Computer Applications  
The Internet  
Web Graphics & Multimedia  
Database Management & Programming  
Certification Prep  
Languages  
Entertainment Industry  
Personal Finance & Wealth Building  
Personal Enrichment  
Art, History, Psychology & Literature  
Accounting  
Start Your Own Business  
Business Administration  
Law & Legal Careers  
Courses for Teaching Professionals  
Basic Computer Literacy  
Graphic Design  
Web Page Design  
Web & Computer Programming  
PC Troubleshooting, Networking & Security  
Digital Photography & Digital Video  
Writing & Publishing  
Test Prep  
Health Care, Nutrition & Fitness  
Child Care & Parenting  
Math, Philosophy & Science  
Grant Writing & Nonprofit Management  
Personal Development  
Sales & Marketing  
Health Care Continuing Education

**To see a complete listing of courses go to our Online Instruction Center**  
[www.ed2go.com/tollandrec](http://www.ed2go.com/tollandrec)

### Learn More...

- Expert Instructor
- 24-Hour Access
- Online Discussion Areas
- 6 Weeks of Instruction

New course sessions begin on the third Wednesday of each month. Please visit our Online Instruction Center to see exact start dates for the courses that interest you.

**Enroll Now!**

Visit our Online Instruction Center today!

[www.ed2go.com/tollandrec](http://www.ed2go.com/tollandrec)

**Courses Start as Low as:**

**\$89**

**Requirements:**

All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer web browsers. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

## **Instructor-Facilitated Online Learning**

*This is a partial course listing. See complete listing at [www.ed2go.com/tollandrec](http://www.ed2go.com/tollandrec)*

### Business Courses

**Accounting Fundamentals** – Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.  
**Instructor Charlene Messier**

**Fundamentals of Supervision and Management** – Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.  
**Instructor Patricia Adesso**

### Start Your Own Business

**Learn to Buy & Sell on eBay** - Auction pros teach you how to work from home or earn extra income by buying and selling goods online.  
**Instructors Kara Gordon & Shirley Muse**

### Grant Writing/Nonprofits

**Writing Effective Grant Proposals** – Learn to prepare grant proposals that get solid results for your favorite organization or charity.  
**Instructor Jillian Poole**

### Languages

**Speed Spanish** – Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.  
**Instructor Dan Mikels**

### Personal Development

**Computer Skills for the Workplace** – Gain a working knowledge of the computer skills you'll need to succeed in today's job market.  
**Instructor David Paquin**

### Digital Photography

**Discover Digital Photography**  
An informative introduction to the fascinating world of digital photography equipment.  
**Instructor Beverly Schulz**

**Photoshop Elements 6.0 for the Digital Photography** – Learn the secrets of Adobe's Photoshop Elements 6.0 and successfully edit your images!  
**Instructor Beverly Schulz**

### Family & Friends

**Understanding Adolescents** – Uncover the secrets of the adolescent mind. Gain valuable information on how they feel, how their identities develop, and how you can best meet their needs.  
**Instructor Sonya Jodoin**

### Writing

**Effective Business Writing** – Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.  
**Instructor Ann Linqvist**

### Law & Legal Careers

**Evidence Law** – Prepare for a career as a law clerk or legal secretary by learning how to help busy attorneys gather and evaluate evidence and prepare cases for trial.  
**Instructor Michael Connelly**

### Health Care

**Medical Coding** – Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure. **Instructor Jennifer Della'Zanna**

### Teaching

**Solving Classroom Discipline Problems** – Veteran teacher reveals the secrets to an orderly classroom. A step-by-step approach to effective, positive discipline.  
**Instructor James Thompson**

### Career Ideas

**Real Estate Investing** – Build and protect your wealth by investing in real estate.  
**Instructor Josh Fuhrer**

**Become a Physical Therapy Aide** – Prepare for a rewarding career as a valued member of the physical therapy team.  
**Instructor Holly Trimble**

## **Instructor-Facilitated Online Learning**

*This is a partial course listing. See complete listing at [www.ed2go.com/tollandrec](http://www.ed2go.com/tollandrec)*

### Basic Computer Literacy

#### **Introduction to Windows XP**

Learn how Windows XP makes it easy to work with text, pictures, audio, video, and more.

**Instructor Alan Simpson**

#### **Introduction to the Internet** –

Master the ins and outs of the Internet with this informative behind-the-scenes look at the Web, search engines, email, and more.

**Instructor Craig Power**

#### **Introduction to Microsoft**

**Excel 2007** – Work with numbers? You need to know Excel. Learn the secrets of this powerful application.

**Instructor Craig Power**

#### **Introduction to Microsoft** **PowerPoint 2007** – Learn how

to use Microsoft PowerPoint 2007 to create impressive, professional-looking slide presentations.

**Instructor Kathy Van Pelt**

### Computer Applications

#### **Introduction to QuickBooks**

**2007** – Learn how to quickly and efficiently gain control over the financial aspects of your business.

**Instructor Craig Power**

#### **Performing Payroll in**

**QuickBooks 2007** – Learn to create paychecks, pay tax liabilities, and produce dazzling payroll reports.

**Instructor Scott Paxton**

### Test Prep

**GED Preparation** – Want to pass the GED? This course will help you develop the skills you'll need to succeed.

**Instructor Barbara Rolston**

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*Each ed2go course comes equipped with a patient and caring instructor.*

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### Web Design

**Creating Web Pages** – Learn how to design, create, and post your very own site on the Internet's World Wide Web. Discover low-cost marketing techniques and search engine strategies.

**Instructor Craig Power**

#### **Designing Effective** **Websites** -

Learn powerful graphic design techniques and build Web sites that are both attractive and wickedly effective.

**Instructor Patricia Franks**

### Personal Enrichment

**Get Assertive!** – Find out how you can stop others from intimidating you or treating you poorly.

**Instructor Vivian Harte**

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*Convenient, Affordable & Effective*

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ed2go's  
"Stimulate your  
Brain & Win"  
Contest

APRIL



Nintendo Wii

MAY



Underwater Digital Camera

JUNE



iPod touch

**Four winners will  
be randomly  
drawn each  
month.**



# TRIPS



## BRONX ZOO, NYC

**Saturday, May 16<sup>th</sup>** – The Bronx Zoo is one of the premier zoos in the world and covers more than 265 acres. It is home to more than 4000 animal species. Your POP (Pay one Price) pass includes the exhibits, attractions and special rides. You will want to experience the Zoo Shuttle, Wild Asia Monorail, Skyfari Cable Car (one way) Children's Zoo, World of Darkness, World of Reptiles, Jungle World, Tiger Mountain, Congo Gorilla Rain Forest and the Butterfly Gardens. Exhibits are both inside and out, and it is hard to see the entire zoo in just one day. Bring your camera, your best walking shoes and your lunch if you want or you may purchase it at the zoo. **The coach bus will leave Lot W UConn at 7:30am**, we will leave the zoo at 4:30pm and stop for dinner on the way home. **Return time is approx. 8:00pm**. Register early this popular trip always fills. **Fees: Adult \$64 - Child/Senior \$59 (ages 2-12 or 65 and up)**. Registration deadline is May 3<sup>rd</sup>.

## DAY 1 IN AN ADVANCED ALIEN CIVILIZATION (NYC)

**Saturday, June 6<sup>th</sup>** – We hike through NYC's most inordinately fantastic terrains. Skydrive into Queens via Triboro Bridge, visit the Socrates Sculpture Garden, hike the bridge to Roosevelt Island; ride the Roosevelt Island Tram, a 126 passenger bubble-car that glides silently through the air as high as a 22 story building among the midtown skyscrapers; Citigroup Center, Manhattan; subway to Hunters Point; view the midtown skyline from the Pulaski Bridge as we walk into Brooklyn on it for lunch in Green Point, a Polish neighborhood. Stroll through Williamsburg, Brooklyn, where the highest elevation in the NYC subway system as the "J" train crosses the high speed catamaran ferry that blows your hat off and everything out of your pockets as it zooms down the East River, passing under the Williamsburg, Manhattan and Brooklyn Bridges to Wall Street. Eat dinner on Montague Street, Brooklyn Heights. Walk the Brooklyn Heights Promenade and Brooklyn Bridge for skyline night-views. Return to the bus via subway, tramway at night and Roosevelt Island's West Shoreline. Participants should bring their cell phones and a pen for jotting down directions. This all-day Romp is for energetic, physically capable people. The walking distance is 9 miles. It's a good trip for parents and their children providing the children are old enough to walk the distance. Dress for the weather. (Each person should have an extra \$40 for meals, tramway, subway, ferries, etc.) **Bus will leave UCONN's W Lot at 8:00am and return back around 12:00am**. **Cost \$56 residents - \$66 non-residents**. Registration deadline: Friday, May 22<sup>nd</sup>.

## WHALE WATCH – PLYMOUTH, MA



**Sunday, July 26<sup>th</sup>** – Watch Humpback Whales breaching, Minke and other species of whales playing, swimming and feeding in their natural environment in the Atlantic Ocean. This four hour tour along Cape Cod Bay offers spectacular scenery. Registration deadline is July 3<sup>rd</sup>. **FEE: Ages 3 and up, \$60 for residents - \$70 for non-residents**. Children under 3 in own seat is \$39.00 & no charge for a child under 3 if sitting on someone's lap. **Bus leaves lot "W" at 7:00 am and returns 7:00 pm**.

## JAMES TAYLOR at TANGLEWOOD

**Sunday, August 30<sup>th</sup>** – Two Tanglewood favorites reunite in concert for the season finale. James Taylor with John Williams and the Boston Pops. We'll stop in Lenox for an hour or so before going to Tanglewood for the 2:30 show. **Bus leaves UConn Lot W at 9:30am and will return at approx. 7:30pm**. **FEE: \$60 for residents - \$70 for non-residents (includes bus & show ticket)**

## 40<sup>th</sup> ANNUAL BOURNE SCALLOP FESTIVAL

**Saturday, September 26<sup>th</sup>** – For almost 40 years, this simple shellfish has been the center of attention in Bourne – and why not? Sweet and succulent, baked saute'ed or deep-fried, this traditional Cape Cod delicacy had been attracting visitors throughout New England. But the Bourne Scallop Festival features so much more. Originally conceived as a way to raise money and showcase local shellfish, the Scallop Festival has grown into the Upper Cape's ultimate event, attracting nearly 50,000 people annually. The festival features an Arts & Crafts Show and Home Expo Show, featuring over 130 vendors, rides and games, fantastic free musical entertainment – and of course great food! Tickets for either a Scallop or Herb Roasted Chicken dinner are included for you to enjoy any time during your visit (1:00am-4:30pm) to the Festival. Prior to attending the Festival, we will enjoy a relaxing morning cruise (11:30am-1pm) from Onset, MA through the tranquil harbor into the Cape Cod Canal – the man made waterway connecting Cape Cod Bay with Buzzards Bay. During the 90 minute cruise you'll pass the, Gray Gables, Grover Cleveland's home, and Massachusetts Maritime Academy Training Ship as well as Buzzard's Bay Park the site of the Scallop Festival **Bus leaves Lot W UConn at 8:00am and returns approx. 6:30pm**. **FEE: \$85.00** due with registration menu choice Scallop or Chicken. Trip includes: Bus, Cape Cod Canal Cruise, Scallop Festival and Lunch.

# Recreation Happenings

**GRANDALL PARK BEACH PASSES** - Tolland residents can purchase a season family pass for \$30.00 which will allow you beach access for the entire summer. Residents interested in a season pass should apply at the Recreation Department. Proof of residency is required. The beach is scheduled to open for swimming starting in mid June. The regular fees during weekend open swim hours from 1:00 – 6:00pm on Saturdays and Sundays will be \$2.00 per person per day for Tolland residents and \$5.00 per person per day for non-residents. Rental of the Pavilion does not include beach access.

**SIX FLAGS NEW ENGLAND TICKETS** - Available at the Recreation office – end of May, 2009 during regular office hours. Tickets are sold on a first come first serve basis. Good during entire season for one single use. Only Cash/Checks accepted. Sorry credit cards not accepted. \$27.00 per ticket.

**HERSHEY'S TRACK & FIELD MEET** - **Wednesday, May 27<sup>th</sup>** (Rain date May 28<sup>th</sup>) Check-in at 4:30pm. Meet starts at 5:00pm at the Tolland Middle School Track. All participants, ages 9 – 14, must be pre-registered and submit a copy of their birth certificate by Wednesday, May 20<sup>th</sup>. Each participant can participate in a maximum of three events, either two field and one track or two track and one field event. There are running, jumping and throwing events. Qualifying local winners will be eligible to compete in the District Meet held June 13<sup>th</sup>. District qualifiers will advance to a State Meet held June 27<sup>th</sup>, with a chance of qualifying for an all expenses paid trip to the National Meet held July 30<sup>th</sup> – August 2<sup>nd</sup> in Hershey, Pennsylvania. Age as of 12-31-2009.

**“PRESCHOOL PLUS”- Enrichment Program - CALLING ALL FOUR YEAR OLDS!!**

The Tolland Recreation Department will be offering a preschool enrichment program on Thursday afternoon's, 12:30 to 2:30pm, beginning in September. This will be geared to children who will turn 4 by December 31, 2009. The 2 hour program will include such things as science, nature, games, cooking, drama, music, movement and lots of FUN! This class will reinforce many of the things they are already learning in preschool. For more information or to sign up, please call the Recreation office at 871-3610.



## ATTENTION RUNNERS!

We are interested in developing programs for Tolland Runners of all ages. If you are looking for a running program, please contact Judi Lafontaine by email at [KP83@sbcglobal.net](mailto:KP83@sbcglobal.net).

## TOLLAND BARK PARK



Interested in having a special place to take your dog where he/she can run off leash and socialize.... If you would support having a dog park in Tolland we would like to hear from you. 100% volunteer effort. Contact: [ginazahner@comcast.net](mailto:ginazahner@comcast.net).



## TENNIS ANYONE!

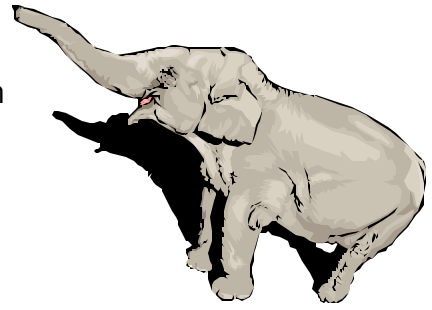
United States Tennis Association (USTA)  
Adult Tennis League

Are you a beginner tennis player looking to be part of an adult league? Don't miss this opportunity! Grab your friends and form a team (5 – 10 players per team). The Tolland Recreation Department is looking for beginner level men and women to form one or more teams representing Tolland in a league featuring teams from surrounding towns. Matches will be played on Monday evening. The season runs May – July. If you are interested in playing in this league call the Recreation Office and put your name on the list – 871-3610.

If we get enough names to form teams we will set-up an informational meeting for those interested.

# White Elephant Sale

Help us raise money for the new Youth Hall and the Recreation Scholarship Fund. Bring a friend and join us on **Saturday, April 18<sup>th</sup> in the Hick's Gym from 8am - 12pm.** Everyone is welcome to come and buy a bargain!



**SPONSORED BY THE Tolland Recreation Department**

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## Tolland Summer Solstice Sprint Triathlon Saturday, June 20, 2009 8:00am

A Sprint Triathlon is a condensed version of a regular triathlon.  
Ours consists of:



**a 300 yard swim**

**a 12 mile bike ride**

**a 3.1 mile run**



Adult age divisions will be:

15 – 19

20 – 29

30 – 39

40 – 49

50 – 59

60 – 69

70 & Up

Category placement will be based on your age as of December 31<sup>st</sup>, 2009. Prizes will be awarded to first place in each age group for male and female. All competitors will get a t-shirt, swim cap and a finisher award.

The course starts and ends at Crandall Park.

**Race entry fee - \$55.00 by June 8<sup>th</sup>, \$65.00 after June 8<sup>th</sup>, last day to register is June 15<sup>th</sup>**

Complete race information including course map, rules and other pertinent information is posted on the Town of Tolland website @ [www.tolland.org](http://www.tolland.org) - Look under recreation/upcoming events to register on-line

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### Need help with your Triathlon training?

Join Steve Soucy from Custom FIT for some free training sessions with plenty of ideas and tips for getting in condition.

The group will meet Tuesdays in the Crandall Park Pavilion from 6-7pm starting May 4<sup>th</sup>. Reserve a spot by calling the Recreation Department at 871-3610.



**Come Explore Tolland**  
 Compete in an exciting game discovering  
 the trails of Tolland

2<sup>ND</sup> Annual Tolland trail days  
 Kick-off – May 2 crandal park 10am - 2pm

**Grand Final e Family Fun Day**  
 October 17<sup>th</sup>

Prizes will be awarded to teams who complete tasks for one or more of the trails.  
 To qualify for the grand prizes teams must complete all four trails

**Hiking takes place May 2<sup>nd</sup> - October 16<sup>th</sup>**

Additional information, rules, trail maps, and prize descriptions are all available on our website:  
[www.tollandtraildays.com](http://www.tollandtraildays.com)

Anyone interested in donating a prize or becoming a sponsor of Tolland Trail Days, please contact us at:  
 (860) 432-7386 or via email at [info@tollandtraildays.com](mailto:info@tollandtraildays.com)

**Brought to you by Conserving Tolland, Tolland Junior Women,  
 Tolland Public Library Foundation and Tolland Recreation Department**



**Date: Thursday, June 4<sup>th</sup>, 2009**

**Event:** 4 person Scramble

**Place:** Blackledge Country Club  
 180 West Street  
 Hebron, CT

*Registration begins at 8:30 am – Tee off time at 10:00 am*

**\$5,000 Hole-In-One Cash Prize**

**\$125 per golfer includes: (\$150 after 5/21/09)**



18 Holes of Golf & Cart  
 Breakfast  
 Lunch



All you can eat Filet Mignon dinner

**Checks payable to: Tolland Junior Women, Inc. P.O. Box 8, Tolland, CT 06084**

*Sponsorship packages available. Call Sue at 870-0258.*

Profit from the golf tournament will fund Tolland Junior Women, Inc. community projects and allow for cash donations to community organizations.

**TOLLAND BOOK FAIR**

**Saturday, June 13<sup>th</sup> 10:00 am – 3:00 pm**

**Hicks Gymnasium**

**Pre-Sale Thursday, June 11<sup>th</sup> 5:00 pm – 7:30 pm (\$5 admission)**



The library will gratefully accept donations of your gently used books, CD's and DVD's until May 30<sup>th</sup> (during normal business hours). Please no textbooks, encyclopedias, magazines or Reader's Digest condensed books, they just don't sell. If you would like to volunteer for the sale, please talk to Joan at the library (871-3620).

# GENERAL INFORMATION

**OPEN SWIM AT CRANDALL PARK** Opens June 27<sup>th</sup> daily 1:00 – 6:00pm weather permitting.

**ABSOLUTELY NO SWIMMING ALLOWED WHEN LIFEGUARDS ARE NOT ON DUTY.**

**BEACH & PARK RULES** – No glass allowed, no dogs allowed on ball fields or beach area, no loitering or soliciting. No alcohol allowed. Beach balls not allowed. Only Coast Guard approved flotation devices are allowed. Fees for Saturday & Sunday- \$2.00 per person per day for Tolland Residents, \$5.00 per person per day for Non-Residents. Tolland residents can purchase a season family pass for \$30.00 which will allow them access for the entire summer. Contact the Recreation Department at 871-3610. Proof of residency is required. Groups must reserve the Pavilion with the Recreation office in advance.

**INSURANCE** All persons participating in Recreation programs should carry their own personal health insurance. The Town of Tolland is not responsible for personal injuries. Participants in all Department sponsored programs do so at their own risk. Only those enrolled in the program may attend. Sorry, children will not be allowed in the class room or gym during adult programs and siblings must remain seated and not disturb youth or adult classes.

**ADA** The Town of Tolland does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in provision of programs and services. We are committed to assuring equal access to programs, activities, and services to all individuals. If you or a family member need special assistance, please let us know when you register.

**RECREATION STAFF:** Director- Tom Ainsworth  
Asst. Director-Kim Grimes  
Secretary- Kim Kowalyszyn

**PARKS & RECREATION BOARD** Jeff Maron - Chairman, Anthony Carter, Larry Gramling, John Gallic, Ray Milvae, Elaine Rooke & Will Stackpole. The Board meets every second Monday of the month. All meetings are open to the public.

**RECREATION OFFICE** 21 Tolland Green, Tolland, CT 06084, 860-871-3610,  
info-line: 860-871-3625, fax: 860-871-3689

**Office hours:** Monday-Wednesday -8:00am-4:30pm, Thursday-8:00am - 7:30pm, Friday-CLOSED

Email us: [tainsworth@tolland.org](mailto:tainsworth@tolland.org), [kgrimes@tolland.org](mailto:kgrimes@tolland.org), [kkowalyszyn@tolland.org](mailto:kkowalyszyn@tolland.org)

## PARK FACILITIES

**All parks are open sunrise to sunset. Dogs are required to be on a leash.  
DOGS are NOT allowed on athletic fields!!**

**CRANDALL PARK:** 64 Cider Mill Road- 350+ acre Town Park containing 3 lighted tennis courts, a lighted basketball court, softball & baseball fields, 3 acre swimming pond, bathrooms, 2.5 miles of marked hiking trails and large picnic pavilion.

**PAVILION:** Is an open air shelter with picnic table seating for groups of up to 100. Facilities include a large charcoal grill, horseshoe pits and a sand volleyball court. Use of a softball field is possible depending on availability. A 6' gas grill is available to rent for a nominal fee. **Rental by reservation only through the Recreation Office.** Call the Recreation Department for fee schedule and available dates.

**“THE LODGE” at CRANDALL II:** The Lodge is a year round rental facility available to groups of 100 or less for special events such as weddings, showers, picnics, parties or meetings. Rental rates vary for residents, non-residents, businesses, daytime, nighttime and weekends. Building contains fireplace, tables & chairs, a warming oven, microwave, and double door fridge. For available dates, fees & more information call the Recreation office at 871-3610.

**RIVER PARK:** South River Road - 2 Little League size baseball fields, River access

**HERON COVE PARK:** 125 South River Road - Small soccer field, multipurpose field & canoe launch, basketball court and Ice Skating Rink.

**TENNIS COURTS:** Old Cathole Road - 6 all weather tennis courts across from Tolland Middle School.

**CROSS FARMS RECREATION COMPLEX:** Rhodes Road - 3 baseball and 3 soccer fields, Hiking Trails, exercise stations, 18 hole disc golf course.

The Town of Tolland is an Equal Opportunity Employer – [www.tolland.org](http://www.tolland.org)