WINTER/SPRING 2016-2017

ACTIVITY GUIDE

PROGRAM • INFORMATION • SCHEDULES

New London Parks and Recreation

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NATURE CENTER

Winter Family Fun Day

Saturday, January 21
12 Noon - 3 pm
$10/car

- Snowshoeing
- Family Olympics - win prizes
- Human Foosball
- Chili Bar & Beverages
- S'mores around the campfire & more

Winter Fun For Everyone!

05262045

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NEW LONDON PARKS
& RECREATION DEPARTMENT

Website Address: www.newlondonwi.org
Like us on Facebook @ www.facebook.com/NLPRWI
Recreation Department: 215 N. Shawano Street – 982-8521
Office Hours: Monday-Friday, 8:00 a.m. – 4:30 p.m.
New London Aquatic & Fitness Center: 815 W. Washington St. – 982-8524
New London Access (Cable Channel): 215 N. Shawano Street – 982-8537
Parks/Buildings and Grounds Shop: 1306 W. Wolf River Ave. – 982-8510
Office Hours: Monday-Friday, 7:00 a.m.-3:00 p.m.
Senior Center: 600 W. Washington St. – 982-8522
Office Hours: Monday – Friday, 9:00 a.m. – 4:00 p.m.
Senior Transit Service: 982-8523

PARKS AND RECREATION STAFF

Director of Parks & Recreation - Chad Hoerth • *choerth@newlondonwi.org*

DIVISION HEADS

Recreation Coordinator - Ginger Arndt • *ginger@newlondonwi.org*
Street & Parks Superintendent
Don Goodreau • *dgoodreau@newlondonwi.org*
Pool Manager - Lori Gorges • *lorig@newlondonwi.org*
Access New London Producer
Dick Johnson • *djohnson@newlondonwi.org*
Buildings & Grounds Superintendent
Ted Christian • *tchristian@newlondonwi.org*
Senior Center Director
Kim Ebert • *kebert@newlondonwi.org*

FULL TIME SUPPORT STAFF

Assistant Pool Manager
Julia Martinson • *juliam@newlondonwi.org*
Administrative Assistant
Janet Searl • *janets@newlondonwi.org*
Senior Van Drivers
Mike Fredin and Dave Klinzing

PARKS, RECREATION & ACCESS NEW LONDON COMMITTEE

Chair – Rob Way
Committee Members: Bob Besaw V. Chair, Dennis Herter, John Romberg, Lori Dean
Citizen Members: Bob Marcks, Henrica Bult
Meetings are the first Tuesday of each month at 5:30 p.m. in the Council Chambers of the City Municipal Building. Please see the front office for a posted agenda.

Wolf River Eyecare

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Dr. Paul K. Thompson

Dr. Rebecca D. Amaral
For appointments call
982-4561
1923 N. Shawano St. • New London
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PARKS & RECREATION POLICY AND PROCEDURE

UNPAID BALANCES

Delinquent payments and unpaid balances on your account will result in a freeze on your account and you will not be able to utilize any Parks and Recreation Programs until your balance is paid.

TO ERR IS HUMAN

The Parks and Recreation Department works hard to ensure that each program guide is free from errors. However, there are times when errors or changes in dates, times, rates or registration information do occur. We will do everything possible to correct such errors and inform you of changes. We thank you for your understanding when these situations arise.

CONFIRMATIONS

New London Parks & Recreation will notify you only if a class is cancelled due to low enrollment or filled. We will not call you to confirm you are registered.

PROGRAM ACCESS

It is the policy of the City of New London to comply in good faith with all applicable regulations, guidelines, etc. put forth in the Americans with Disabilities Act (ADA). To that end, it is the City's intent to provide equal opportunity for everyone to participate in all City-sponsored programs and/or services offered, to attend every public meeting scheduled, and to utilize all public facilities available. Any person(s) in need of an alternative format (i.e. larger print, audio tapes, Braille, readers, interpreters, amplifiers, transcription) regarding information disseminated by the City of New London should notify the City prior to a meeting, etc., and please allow adequate time after a request for a copy of brochures, notices, etc. for delivery of that alternative format. Contact Chad Hoerth or Paul Hanlon, by telephone at: (TDD) 982-8500 for more information.

REFUNDS

Full refunds will be given for programs that are cancelled due to not meeting the required minimum to run the class, which is typically 3-5 participants. After the first class, if you choose not to participate a $5.00 fee will be claimed. No refund will be given after the second class of the program.

RAIN POLICY

During inclement weather phone calls will be made to each participant as soon as possible. To find out if a program has been cancelled due to weather call 982-8521, check our Facebook page at www.facebook.com/nlprwi or Access New London, channel 990.

RESIDENT POLICY

A resident is any person who lives within the Corporate City Limits of New London. This is not to be confused with being a New London Area School District resident. City and School boundaries are not the same. Residents will have a street address and a Non-Resident's address typically will begin with a letter.

A non-resident is anyone who does NOT reside within the corporate city limits of New London. (Hortonville, Readfield, Dale, Royalton, Mukwa, etc. are NOT within the city limits of New London even though they have New London Zip Codes).

RESIDENT "MEMBERSHIP"

If you find that you frequently are using the New London Parks and Recreation's Services but are a non-resident we now have an option where you can purchase a membership option to be a resident for the year. A one-time fee of $85.00 will qualify you to register and use any of the services we provide at a resident rate for calendar year.

PROGRAM AGE SPECIFICATIONS

Ages listed in the program descriptions are the age that the child will be at the start of the program. This is strictly for the safety of your child and will only be reconsidered in extreme situations. If you have any questions please contact the Division Head

"SAY CHEESE"

Occasionally photographs will be taken of participants and activities and may be used for promotional purposes. If you do not wish to have your photograph taken, please convey this to the photographer and/or instructor.

PLEASE DON'T RUIN A GREAT PROGRAM BY REGISTERING LATE!

All programs that do not meet the minimum registration requirement will be cancelled. Registering on or after this date will not revive the program's cancelled status and allow it to run.

WAITING LIST PROCESS

A waiting list is formed when a class reaches participant levels beyond the maximum based on the number of instructors we have and for the ultimate safety of the participants. The waiting list is designed to keep track of interested participants until someone drops out; transfers or a new program may be added if space and time are available. The waiting list is maintained based on a first come first served basis. Interested participants will be contacted and the registration process will be completed with payment in full if the above opportunities arise.

YOUTH PROGRAMS

KINDERGYMNASTICS AGES 5-7

In this 45 minute class children work on beginning tumbling skills, and are introduced to the basics of bars, beam, vault, trampoline and terminology of the sports of gymnastics and tumbling according to their age/body development stage.

WINTER REGISTRATION: December 5, 2016-January 6, 2017
WINTER DATES: Wednesdays, January 11-February 15, 2017
TIME: 5:30-6:15 p.m.
LOCATION: Ignite Building
FEE: Residents/Non-Residents $30.00/$45.00

SPRING REGISTRATION: February 6-March 6, 2017
SPRING DATES: Wednesdays, March 8-April 12, 2017
TIME: 5:30-6:15 p.m.
LOCATION: Ignite Building
FEE: Residents/Non-Residents $30.00/$45.00

BEAMING BEGINNERS AGES 7-8

In this class, children continue to work on their tumbling skills but also integrate more skill into the bars, beam, vault work and the trampoline. As students work in each developmental level they are building strength, flexibility, balance and spatial awareness. Skills are broken down in order to facilitate learning with more detail.

WINTER REGISTRATION: December 5, 2016-January 6, 2017
WINTER DATES: Wednesdays, January 11-February 15, 2017
TIME: 6:30-7:30 p.m.
LOCATION: Ignite Building
FEE: Residents/Non-Residents $30.00/$45.00

SPRING REGISTRATION: February 6-March 6, 2017
SPRING DATES: Wednesdays, March 8-April 12, 2017
TIME: 6:30-7:30 p.m.
LOCATION: Ignite Building
FEE: Residents/Non-Residents $30.00/$45.00

READFIELD ELEMENTARY YOUTH FITNESS PROGRAM
FAMILY FITNESS NIGHTS

WHO: FAMILIES, CHILDREN 4K-4TH GRADE

Make this part of your weekly routine! This program is designed for families to come together at the end of their school day and work day and destress and fit some fitness into their busy schedules with a structured work out lead by a certified fitness instructor. Tai Chi, Yoga, PiYo, Cardio Drumming and Tabata style high intensity type of interval workouts will be showcased for 45 minutes to one hour each night.

WINTER REGISTRATION: December 5, 2016-January 6, 2017
WINTER DATES: Wednesdays, January 11-February 15, 2017
TIMES: 3:30-4:30 p.m., try it for free January 4!
LOCATION: Readfield Elementary Gymnasium
FEE: $23.25 per family

SPRING REGISTRATION: February 6-March 6, 2017
SPRING DATES: Wednesdays, March 8-April 12, 2017
TIMES: 3:30-4:30 p.m. ** Try it for Free February 22, 2017
LOCATION: Readfield Elementary Gymnasium
FEE: $23.25 per family

KIDSTAGE PRESENTS THE LION KING

KidStage Productions provides youth centered theater classes targeting all school aged children, boys and girls alike. This quality program is great for those into drama and the arts. They will be performing the Disney musical the Lion King, which follows the adventures of the young lion Simba, the heir of his father, Mufasa. Simba's wicked uncle, Scar, plots to usurp Mufasa's throne by luring father and son into a stampede of wildebeests. But Simba escapes and only Mufasa is killed. Simba returns as an adult to take back his homeland from Scar with the help of his friends Timon and Pumba. Join KidStage and sing and dance to the classics of this record breaking musical!

WINTER REGISTRATION: December 5, 2016-January 13, 2017
WINTER DATES: Mondays, January 9-March 18/19
Showcase will be held with time to be determined AT THE JANE BERGSTROM THEATRE at St. Mary's Central Catholic School in Neenah, WI.
TIMES: 6:00-7:00 p.m.
LOCATION: Washington Center Activity Room
FEE: Residents/Non-Residents $80.00/$95.00

KIDSTAGE PRESENTS WIZARD OF OZ

KidStage Productions provides youth centered theater classes targeting all school aged children, boys and girls alike. This quality program is great for those into drama and the arts. They will be performing the classic favorite Wizard of Oz this Spring! When a tornado rips through Kansas, Dorothy (Judy Garland) and her dog, Toto, are whisked away in their house to the magical land of Oz. They follow the Yellow Brick Road toward the Emerald City to meet the Wizard, and en route they meet a Scarecrow that needs a brain, a Tin Man missing a heart, and a Cowardly Lion who wants courage. Join KidStage on the Yellow Brick Road and be part of one of the greatest stories ever told!!

SPRING REGISTRATION: February 27-March 31, 2017
SPRING DATES: Mondays, April 3-June 10/11, 2017
Showcase will be held with time to be determined AT THE JANE BERGSTROM THEATRE at St. Mary's Central Catholic School in Neenah, WI
TIMES: 6:00-7:00 p.m.
LOCATION: Washington Center Activity Room
FEE: Residents/Non-Residents: $80.00/$95.00

DO IT MYSELF: DYI DESIGN FOR KIDS!- WINTER CREATIONS AGES 8-12

This class is filled with tons of DYI winter themed projects for youth to decorate their bedroom with and then will give pointers on colors, décor and how to make their room their own! There will also be lessons on photography so participants can go home with personalized wall art to decorate with!

WINTER REGISTRATION: December 5, 2016-January 6, 2017
WINTER DATES: Mondays, February 13, 2017-March 20
TIMES: 4:30-5:30 p.m.
LOCATION: Washington Center Activity Room
FEE: Residents/Non-Residents $15.75/$30.75

DO IT MYSELF: DYI DESIGN FOR KIDS!- SPRING RENEWAL AGES 8-12

This class is filled with tons of DYI renew, reuse, recycle projects for youth and then will give pointers on colors, décor and how to make their room their own! There will also be lessons on photography so participants can go home with personalized wall art to decorate with!

SPRING REGISTRATION: January 23-February 24, 2017
SPRING DATES: Mondays, February 27-April 3, 2017
TIMES: 4:30-5:30 p.m.
LOCATION: Washington Center Activity Room
FEE: Residents/Non-Residents $15.75/$30.75

COOKING FOR YOU! 6-10 YEARS OLD

Our instructors have picked out some of their favorite winter foods, from tailgate snacks, Holiday treats and warmings casseroles and stews to teach children about some fun foods that they can share with their families!

WINTER REGISTRATION: December 5, 2016-January 6, 2017
WINTER DATES: Tuesdays, February 14, 2017-March 21, 2017
TIMES: 4:30 -5:30 p.m.
LOCATION: Washington Center Senior Center
FEE: Residents/Non-Residents $15.75/$30.75

COOKING FOR YOU! 6-10 YEARS OLD

Our instructors have picked out some of their favorite spring foods, from portable snacks, refreshing salads and healthy sides to teach children about some fun foods that they can share with their families!

SPRING REGISTRATION: January 23-February 24, 2017
SPRING DATES: Tuesdays, February 28-April 4, 2017
TIMES: 4:30 -5:30 p.m.
LOCATION: Washington Center Senior Center
FEE: Residents/Non-Residents $15.75/$30.75

AMERICAN RED CROSS BABYSITTING COURSE

Our Babysitter's Training Course will teach you everything you need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so you can prevent and respond to emergencies, get professional medical help fast if needed, identify common safety hazards and prevent injuries. As a Red Cross Trained Baby Sitter, you'll gain confidence and valuable employment skills.

The basic child care routines like diapering, feeding, discipline and problem solving are also introduced. This Certified American Red Cross Course includes a handbook, first aid kit and certification card. 2 separate classes available.

AGES: 11-15 years old
CLASS ONE DATE: Saturday, February 25, 2017
CLASS ONE REGISTRATION DATES: November 28 –February 10, 2016 *(ABSOLUTELY NO LATE REGISTRATIONS)*
TIME: 9:00 a.m.-3:00 p.m. There will be a half hour lunch break from 12:00-12:30 p.m.
LOCATION: Washington Center: Community Center Room
FEE: Residents/Non-Residents $44.00/$49.00
CLASS TWO DATE: Saturday, March 25, 2017
CLASS TWO REGISTRATION DATES: December 26 –March 10, 2016 *(ABSOLUTELY NO LATE REGISTRATIONS)*
TIME: 9:00 a.m.-3:00 p.m. There will be a half hour lunch break from 12:00-12:30 p.m.
LOCATION: Washington Center: Community Center Room
Fee: Residents/Non-Residents $44.00/$49.00

SPECIAL EVENTS

DADDY DAUGHTER DANCE

Dads or guardians (older brothers, uncles, grandpas etc.) and their daughters (ages 2 yrs. and up) are invited to get dressed up together and join in on this night of fun! The night will feature entertainment from YoDJ, snacks & drinks and professional pictures! We are sorry but mothers are not invited to this event but are more than welcome to volunteer at the event, we will need help with serving snacks and punch and clean up and take down! Tickets must be purchased ahead of time. Tickets can also be purchased online at www.newlondonwi.org online registration. You can use the receipt at the end of the transaction in lieu of a physical ticket. You can also call (920) 982-8521 to register.

DATE: Friday, February 10, 2017
REGISTER: December 12-February 3, 2017
TIME: 5:00-7:00 p.m.
LOCATION: Washington Center Gym
FEE: $10 per couple, $5 for additional daughter

KID'S RUMMAGE SALE

Need a motivator to get spring cleaning done? This Spring during the City Wide Rummage Sale youth ages 5-17 can reserve a table to sell gently used toys, games, clothes, and accessories while learning how to interact with people and conduct the sale of goods, plus you keep the profits! At the end of the event the Parks and Recreation Department will then accept donations of any unsold items from the Rummage Sale and donate them to Goodwill! ONLY ONE TABLE PER FAMILY WILL BE ALLOWED. Youth 12 and under must be supervised by an adult at all times, however this event's purpose is to be a learning experience for the children, parents should encourage their child to participate in the sales of all items and only help when needed. The Kid's Rummage Sale is free and open to the public to attend!!

DATE: May 6, 2017
REGISTRATION DATE: April 3-May 5, 2017
TIME: 9:00 a.m.-12:00 p.m.
LOCATION: Washington Center Gym
FEE: $5.00 table reservation fee

OPEN GYM AT THE WASHINGTON CENTER GYM

Open gym is available for all youth and is a great time to get some extra practice in for your favorite sport or just burn off some extra energy when it's not so nice outside. Some equipment is available but you are also more than welcome to bring your own. There is a supervisor on site at all times. Open Gym will close if there are less than 4 people after the first 2 hours. Children under the age of 6 must be accompanied by an adult, no charge for adult guardian of participating children.

FRIDAYS: 5:00-9:00 p.m. Please pay $3.00 upon your arrival
SATURDAYS: 10:00 a.m.-2:00 p.m. Please pay $3.00 upon your arrival

WASHINGTON CENTER OPEN GYM RULES

RESPECT: Our Equipment, other participants and their equipment, the gym supervisor and the facility.

- Bring a change of clean dry shoes, street shoes are not allowed.
- No food or drink allowed in the gym area (water only).
- Do not use offensive or vulgar language.
- No rough housing.
- Please be courteous to all gym users.
- Play organized or pick-up game on a half court with the curtain closed in order to allow others to play or practice on the other side.
- No dunking or hanging on any of the rims.

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robinsnestlearning@att.net
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ADULT FITNESS SESSIONS

Register during the registration dates to avoid the late fee by calling (920) 982-8521. We would be happy to answer any questions you may have regarding our fitness classes to help you be comfortable attending our variety of classes to help you become the best you!
Online registration and our current brochure can be found on our website at **www.newlondonwi.org** or you can **email ginger@newlondonwi.org**

BARRE CONNECT

Barre Connect™ combines the strength found in dance technique, the conditioning of Pilates and the balance of yoga. With the combination of these principles your benefit from a Barre Connect™ workout is total body strength, achieving the toned, and "dancer like" physique. An effective series of pre-choreographed movement set to great music to create an incredible body experience that will leave you feeling lengthened, toned and energized! Bottom line...a Barre Connect class is not your typical Barre Workout.

Location: Washington Center Gym
Time: 7:05-8:05 p.m.
Fee: Residents/Non-Residents: $23.00/$35.00
Senior Residents/Non-Residents: $11.50/$17.50
Winter Session Dates: Thursdays, January 12-February 23, 2017
Registration Dates: December 5, 2016-January 8, 2017
Late Registration: Starts January 9 with a $5.00 late fee
Free Trial Class: ***March 2, 2017***

Spring I Session Dates: Thursdays, March 9-April 20, 2017
Registration Dates: February 6-March 5, 2017
Late Registration: Starts March 6 with a $5.00 late fee
Free Trial Class: ***April 27, 2017***

Spring II Session Dates: Thursdays, May 4-June 15, 2017
Registration Dates: March 27-April 30, 2017
Late Registration: Starts May 1 with a $5.00 late fee

CARDIO DRUMMING

Using lightly weighted drumsticks engineered specifically for exercising, this class transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training. Designed for all fitness levels, this class provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

MONDAY EVENING CARDIO DRUMMING

Location: Washington Center Gym
Time: 5:15-5:45 p.m.
Fee: Residents/Non-Residents: $17.25/$29.25
Senior Residents/Non-Residents: $8.50/$14.50
Winter Session Dates: Mondays, January 9-February 20, 2017
Registration Dates: December 5, 2016-January 8, 2017
Late Registration: Starts January 9 with a $5.00 late fee
Free Trial Class ***February 27, 2017***

Spring I Session Dates: Mondays, March 6-April 17, 2017
Registration Dates: February 6-March 5, 2017
Late Registration: Starts March 6 with a $5.00 late fee
Free Trial Class ***April 24, 2017***

Spring II Session Dates: Mondays, May 1-June 12, 2017
Registration Dates: March 27-April 30, 2017
Late Registration: Starts May 1 with a $5.00 late fee

THURSDAY MORNING CARDIO DRUMMING

Location: Washington Center Gym
Time: 8:00-8:30 a.m.
Fee: Residents/Non-Residents: $17.50/$29.25
Senior Residents/Non-Residents: $8.50/$14.50
Winter Session Dates: Thursdays, January 12-February 23, 2017
Registration Dates: December 5, 2016-January 8, 2017
Late Registration: Starts January 9 with a $5.00 late fee
Free Trial Class ***March 2, 2017***

Spring I Session Dates: Thursdays, March 9-April 20, 2017
Registration Dates: February 6-March 5, 2017
Late Registration: Starts March 6 with a $5.00 late fee
Free Trial Class ***April 27, 2017***

Spring II Session Dates: Thursdays, May 4-June 15, 2017
Registration Dates: March 27-April 30, 2017
Late Registration: Starts May 1 with a $5.00 late fee

PIYO

PiYo is a challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch in! The class is choreographed a little different each time, but is always an intense workout!

MONDAY EVENING PIYO

Location: Washington Center Senior Center
Time: 6:00-7:00 p.m.
Fee: Residents/Non-Residents: $23.00/$35.00
Seniors Resident/Non-Resident: $11.50/$17.50
Winter Session Dates: Mondays, January 9-Febraury 20, 2017
Registration Dates: December 5, 2016-January 8, 2017
Late Registration: Starts January 9 with a $5.00 late fee
Free Trial Class ***February 27, 2017***

Spring I Session Dates: Mondays, March 6-April 17, 2017
Registration Dates: February 6-March 5, 2017
Late Registration: Starts March 6 with a $5.00 late fee
Free Trial Class ***April 24, 2017***

Spring II Session Dates: Mondays, May 1-June 12, 2017
Registration Dates: March 27-April 30, 2017
Late Registration: Starts May 1 with a $5.00 late fee

THE NEW LONDON PUBLIC MUSEUM IS CELEBRATING ITS 100TH BIRTHDAY!

JOIN US IN HELPING THEM CELEBRATE WITH A FUN GAME!!

We want you to be part of the celebration. Play our new scratch card game in 2017 and you could win all sorts of great prizes! Fill the museum! Pick up a game board at the museum or museum events. Then starting at the Big Birthday Bash on January 28 through August 1 you can collect scratch game pieces to fill your board. Once your museum game board is full, turn it in for a prize and a chance to win the grand prize on Aug. 31! There is no limit to how many cards you can fill or how many times you can enter to win the grand prize. Some game pieces are instant winners! So get moving and fill your museum today! Hints to game piece locations will be posted on our Facebook page. Game pieces will be available at a variety of select Adult Fitness Classes and at the Aquatic and Fitness Center, watch our Facebook page for more details!

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YOGA VINYASA FLOW

Instructor Trish sets an encouraging environment free of competition and comparison with her new Yoga Vinyasa Flow class. It can be an intense practice that appeals to everyone from working professionals to stay at home parents. This style of yoga is taught and focuses on movements, balance and intention to heal, detoxify and exhilarate the body. Build a healthy relationship with your body! Classes are taught to combine strength, flow and can be challenging to those who feel the need. Come, have fun, relieve stress and nourish your soul!

MONDAY MORNING VINYASA YOGA

Location: Washington Center Gym
Time: 8:00-9:00 a.m.
Fee: Residents/Non-Residents: $23.00/$35.00
Seniors Resident/Non-Resident: $11.50/$17.50
Winter Session Dates: Mondays, January 9-Febraury 20, 2017
Registration Dates: December 5, 2016-January 8, 2017
Late Registration: Starts January 9 with a $5.00 late fee
Free Trial Class ***February 27, 2017***

Spring I Session Dates: Mondays, March 6-April 17, 2017
Registration Dates: February 6-March 5, 2017
Late Registration: Starts March 6 with a $5.00 late fee
Free Trial Class ***April 24, 2017***

Spring II Session Dates: Mondays, May 1-June 12, 2017
Registration Dates: March 27-April 30, 2017
Late Registration: Starts May 1 with a $5.00 late fee

FRIDAY MORNING VINYASA YOGA

Location: Washington Center Gym
Time: 9:30-10:15 a.m.
Fee: Residents/Non-Residents: $23.00/$35.00
Seniors Residents/Non-Resident $11.50/$17.50
Winter Session Dates: Fridays, January 13-February 22, 2017
Registration Dates: December 5, 2016-January 8, 2017
Late Registration: Starts January 9 with a $5.00 late fee
Free Trial Class ***March 3, 2017***

Spring I Session Dates: Fridays, March 10-April 21, 2017
Registration Dates: February 6-March 5, 2017
Late Registration: Starts March 6 with a $5.00 late fee
Free Trial Class ***April 28, 2017***

Spring II Session Dates: Fridays, May 5-June 16, 2017
Registration Dates: March 27-April 30, 2017
Late Registration: Starts May 1 with a $5.00 late fee

WEDNESDAY EVENING VINYASA YOGA

Location: Washington Center Activity Room
Time:
Beginner Vinyasa Yoga: 4 :00-5:00 p.m.
Vinyasa Yoga: 5:30-6:30 p.m.
Fee: Residents/Non-Residents: $23.00/$35.00
Resident Seniors/Non-Resident Seniors
$11.50/$17.50

Winter Session Dates: Wednesdays, January 11-February 22, 2017
Registration Dates: December 5, 2016-January 8, 2017
Late Registration: Starts January 9 with a $5.00 late fee

Spring I Session Dates: Wednesday, March 8-April 19, 2017
Registration Dates: February 6-March 5, 2017
Late Registration: Starts March 6 with a $5.00 late fee
Free Trial Class ***April 26, 2017***

Spring II Session Dates: Wednesdays, May 3-June 14, 2017
Registration Dates: March 27-April 30, 2017
Late Registration: Starts May 1 with a $5.00 late fee

HIIT & MISS

With new equipment such as battling ropes, and proven fat-blasting high intensity interval techniques such as Tabata and circuit training, this is a class that you don't want to miss. Each class is an exciting new experience that will challenge fitness enthusiasts, while offering modifications for beginners. Please bring a water bottle and small towel.

Location: Washington Center Gym
Time: 6:00-7:00 p.m.
Fee: Residents/Non-Residents: $23.00/$35.00
Senior Residents/Non-Residents: $11.50/$17.50
Winter Session Dates: Wednesdays, January 11-February 22, 2017
Registration Dates: December 5, 2016-January 8, 2017
Late Registration: Starts January 9 with a $5.00 late fee

Spring I Session Dates: Wednesday, March 8-April 19, 2017
Registration Dates: February 6-March 5, 2017
Late Registration: Starts March 6 with a $5.00 late fee
Free Trial Class ***April 26, 2017***

Spring II Session Dates: Wednesdays, May 3-June 14, 2017
Registration Dates: March 27-April 30, 2017
Late Registration: Starts May 1 with a $5.00 late fee

TAI CHI

Now open for families! Tai Chi is an exercise that goes through a series of exercises with symmetrical body movements that reinforce function movements repeated through to the tai chi form. This program works you through your breathing, posture and functional relaxation. Practice increases flexibility, strengthening of upper and lower extremities and improving balance, spinal stabilization and coordination. This program is perfect for all levels of strength but has been proven as a great tool in rehabilitations from many different types of injuries and medical issues, including pain management, respiratory diseases, chronic fatigue, and fibromyalgia. This is a great class also to center children and help find an inner focus. If you think your child may benefit from Tai Chi, talk to one of our instructors and they can help your family join today!

Location: Washington Senior Center
Time: 6:00-7:00 p.m.
Fee: Residents/Non-Residents: $23.00/$35.00
Senior Residents/Non-Residents: $11.50/$17.50
Winter Session Dates: Thursdays, January 12-February 23, 2017
Registration Dates: December 5, 2016-January 8, 2017
Late Registration: Starts January 9 with a $5.00 late fee
Free Trial Class ***March 2, 2017***

Spring I Session Dates: Thursdays, March 9-April 20, 2017
Registration Dates: February 6-March 5, 2017
Late Registration: Starts March 6 with a $5.00 late fee
Free Trial Class ***April 27, 2017***

Spring II Session Dates: Thursdays, May 4-June 15, 2017
Registration Dates: March 27-April 30, 2017
Late Registration: Starts May 1 with a $5.00 late fee

TRX® SUSPENSION TRAINING

Free Trial Classes Tuesday and Thursday at regular class times
TRX® Suspension Training is an all-levels functional training program that uses the TRX Suspension Trainer as a method of functional training that develops strength, balance, flexibility and core stability simultaneously. If you are looking to enhance your strength, stability, balance, and endurance this class is for you.
Created by Randy Hetrick, CEO of Fitness Anywhere and former Navy SEAL, the TRX was an invention of necessity for Hetrick and his SEAL teammates to maintain peak physical readiness while deployed in the field.

Dates and Times: (5 different class sessions offered)
Mondays, 12:00-12:30 p.m. OR 12:30 p.m. to 1 p.m.
Tuesdays, 7:05 p.m. to 7:35 p.m. OR 7:35 p.m. to 8:05p.m.
Thursdays, 12:30 p.m. to 1:00 p.m.
Location: Washington Center Senior Center
Fee: Residents/Non-Residents: $17.25/$29.25
Senior Residents/Non-Residents: $8.50/$14.50

Winter Session Dates: January 9-Febraury 23, 2017
Registration Dates: December 5, 2016-January 8, 2017
Late Registration: Starts January 9 with a $5.00 late fee
Free Trial Class ***February 27, 2017***

Spring I Session Dates: March 6-April 20, 2017
Registration Dates: February 6-March 5, 2017
Late Registration: Starts March 6 with a $5.00 late fee
Free Trial Class ***April 24, 2017***

Spring II Session Dates: May 1-June 15, 2017
Registration Dates: March 27-April 30, 2017
Late Registration: Starts May 1 with a $5.00 late fee

CARDIO HOOPING

A workout that seems more like playtime that totally brings out the kid in you! Hooping uses weighted hoops to tighten and tone your entire lower body. Hooping burns 7-12 calories per minute. It's a great core workout, increases flexibility of the spine, pelvic and shoulder girdles and tones and sculpts the legs, buttocks and arms! We provide the hoops; you just come and feel the burn!

Location: Washington Center Gym Court 1
Time: 6:00-6:30 p.m.
Fee: Residents/Non-Residents: $17.25/$29.25
Senior Residents/Non-Residents: $8.50/$14.50
Winter Session Dates: Mondays, January 9-Febraury 20, 2017
Registration Dates: December 5, 2016-January 8, 2017
Late Registration: Starts January 9 with a $5.00 late fee
Free Trial Class ***February 27, 2017***

Spring I Session Dates: Mondays, March 6-April 17, 2017
Registration Dates: February 6-March 5, 2017
Late Registration: Starts March 6 with a $5.00 late fee
Free Trial Class ***April 24, 2017***

Spring II Session Dates: Mondays, May 1-June 12, 2017
Registration Dates: March 27-April 30, 2017
Late Registration: Starts May 1 with a $5.00 late fee

AQUATIC & FITNESS CENTER

Physical Address: 815 W. Washington Street
Mailing Address: 215 N. Shawano Street
New London, WI 54961 • (920) 982-8524
Manager: Laura Gorges – lorig@newlondonwi.org
Assistant Manager: Julia Martinson – juliam@newlondonwi.org

American Red Cross

EMPLOYMENT OPPORTUNITIES & TRAINING COURSES

The New London Aquatic & Fitness Center accepts applications throughout the year for lifeguards and swim lesson instructors looking for part-time employment. Applications are available online via www.newlondonwi.org or can be picked up at the Aquatic & Fitness Center or City Hall. Flexible daytime hours are convenient for college students and stay-at-home or retired persons. After school, weekend, and summer hours are available to candidates as young as 16 years old. A lifeguarding certification course will be held when at least 3 people are available. The American Red Cross Water Safety Instructor class will be offered after school in April.

LIFEGUARDING CERTIFICATION COURSE

We are excited to offer you American Red Cross Lifeguarding via blended learning. Blended learning combines online learning with on-site skills sessions where you will practice skills and demonstrate competency. You must have access to a computer with internet to complete the online portion. Please call 982-8524 to put your name on our list for the next class.

AGES: 15 ½ years old – no maximum age… Adults are welcome!
CLASS DATES & TIME: ~ May 22-26 or sooner if at least 3 persons are interested
FEE: Residents $115.00 + $35 paid online to American Red Cross
Non-Residents $130.00 + $35 paid online to American Red Cross
• Prospective employees of the New London Aquatic & Fitness Center who are willing to sign an agreement to work 200 hours in their first year will have Lifeguarding or WSI fees waived.

Physical Pre-requisites for Lifeguarding Candidates

1) Without stopping, swim 300 yards using Front crawl or Breaststroke (untimed). Goggles are allowed but please supply your own.
2) Swim 20 yards to retrieve a 10 lb. object from 7-10 feet of water then return to the point of origin with object by only kicking on your back (no arms). This is a timed activity. Goggles are NOT allowed for this specific challenge.
3) Tread water for 2 minutes using only leg actions. Hands must be atop of the head or perpendicular to the water's surface.

NOTE: *If you are not a strong swimmer you will need to come to the pool and start swimming to get in condition. It takes practice, practice, practice. Please let managers know when you are coming in to swim.*

Required: Lifeguarding Manual
❑ Print copy – Order online via American Red Cross & www.redcrossstore.org
❑ Digital download: Free at www.redcross.org Take a class ➡ Lifeguarding

AMERICAN RED CROSS WATERFRONT LIFEGUARDING TRAINING

In late spring (or concurrent with the above course) we plan to hold a Waterfront Lifeguarding certification course. The course is the basic lifeguarding course plus a 3-5 hour in-person training on open water considerations Please call to let us know of your interest in that course. Be prepared to swim a longer distance!

Physical Pre-requisites for Lifeguarding with Waterfront (Lakes and Rivers)

1) Without stopping, swim 550-yards using Front crawl or Breaststroke (untimed). Goggles are allowed but please supply your own.
2) Swim 20 yards to retrieve a 10 lb. object from 7-10 feet of water then return to the point of origin with object by only kicking on your back (no arms). This is a timed activity. Goggles are NOT allowed for this specific challenge.
3) Tread water for 2 minutes using only leg actions. Hands must be atop the head or perpendicular to the water's surface.
4) In 4-7 feet of water swim 5yards submerge, swim underwater and retrieve three dive rings placed 5yards apart. Return to the surface and swim another 5 yards to complete the skill sequence.

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR (WSI) CERTIFICATION TRAINING

This ~30 hour blended learning course will be held on assorted dates in April. Please call the Aquatic & Fitness Center to let us know you are interested in the course and we will take your information and send you registration updates as they become available.

AMERICAN RED CROSS JUNIOR LIFEGUARDING

This program introduces young adults to communication and decision-making skills in the aquatic setting and allows students to learn the basic responsibilities and practice the physical skills required to be a lifeguard. The course will have students building their lap endurance up to 300-yards (6 laps) and treading water for a goal time of 2 minutes.

Interested participants will meet Wednesday February 22 at 3:30pm to attempt the following Pre-requisites for Junior Lifeguarding Candidates

1) Front Crawl for 25 yards (1 pool length) using Rhythmic breathing to the Front or Side.
2) Swim Breaststroke for 1 pool length using the "Pull, Breathe, Kick, Glide" sequence.
3) Submerge and Swim a distance of 10 yards before coming up for air.
4) Tread water in the Deep End for 60 seconds using Arms and Legs.
5) Back Float for 30 seconds or Swim the Elementary Backstroke or Back Crawl for 1 pool length.

AGES: 11-14, or completed 5th grade
REGISTER BY: February 13
CLASS DATES: (Tues/ Wed) February 28, March 1, 7, 8, 14, 15, 21, 22, 28, 29, April 4, 5, 11, and 12
CLASS TIMES: 3:30 p.m. – 5:00 p.m.
FEE: Resident $23.00; Non-Resident $38.00
LEARNING APPLICATION OPPORTUNITY: Underwater Egg Hunt April 13 1:15 p.m. – 3:30 p.m.

SPECIAL SWIMS & DATES- MARK THESE ON YOUR CALENDAR!!!

- December 24 – Adult Swim 7:00 a.m. – 12:00 p.m. Facility closes at 12:00 p.m.
- December 25 – CLOSED
- December 31 – CLOSED
- January 1, 2017 – CLOSED
- January 19 – National Popcorn Day: Enjoy a Free bag of Popcorn after your workout/swim!
- February 2, 2017 $2.00 Admission
- March 18 – CLOSED 12:30-4 p.m. St. Patrick's Parade 4:30-7pm Public Swim
- April 13 – "Underwater Easter Egg Hunt" $2 Doors open at 1:15pm. Egg Hunt starts at 1:30pm. Once all the eggs are out of the pool the swim will continue until 3:15pm.
- May 1 – May 15 FACILITY CLOSED Annual "May-ntenance" We'll reopen on Tuesday, May 16 at 9:30am. No AM Shallow Aquacise or Arthritis Aquacise.

SCHOOL YEAR SWIM TIMES

Morning Adult Swims & Brunch Swims

Come in to swim or walk laps and chat with your friends and neighbors! Swim time is open to those 18 and older and others swimming laps.

- Weekdays 6:00 – 8:00 a.m. Adult Swim
- Weekdays 9:30 a.m.-1:00 p.m. Brunch Swim
- Saturdays 7:00-9:00 a.m. Adult Swim & 10:00 a.m.-1:00 p.m. Brunch Swim
- Some Fridays will have an additional Brunch Swim to accommodate School District Swim Times.

AFTERNOON PUBLIC SWIMS:

These swims are usually very quiet; a good time to bring babies and small children, swim laps, or water walk. All ages! *Thursday Afternoon from 1:15-3:15 p.m. the pool & whirlpool are closed for maintenance. The fitness room remains open.

- Mondays, Tuesdays, Wednesdays and Fridays from 1:15 p.m. – 3:15 p.m.

EVENING PUBLIC SWIMS:

These swim times are a great way to burn off extra energy before bedtime! All ages! The slides will be on, the diving board is open and there is basketball available!

- Mondays and Wednesdays: 7:15 - 9:00 p.m.
- Tuesdays and Thursdays: 8:00 - 9:00 p.m.

MONDAYS – THURSDAYS

6:00 – 8:00 a.m. Adult Swim (Ages 18+) M, T, W, TH
9:30 a.m. – 1:00 p.m. Brunch Swim (Ages 18+) M, W
10:00 a.m. -1:00 p.m. Brunch Swim T, TH
10:00 a.m. – 12:00 p.m. Tot's & Me (Adults with children 6 months – 4 years) M
1:15 – 3:15 p.m. Public Swim (All ages) M, T, W
1:15-3:15 p.m. Pool/Whirlpool CLOSED Thursdays for cleaning
7:15 – 9:00 p.m. Public Swim (All ages) M, W
8:00 – 9:00 p.m. Public Swim (All ages) T, TH

FRIDAYS

6:00 – 8:00 a.m. Adult Swim - Full Pool (Ages 18+)
8:00 – 9:00 a.m. Adult Swim – Shallow Water Only (during Deep Arthritis Aquacise)
Check monthly schedule for Friday times that New London School Dist. uses the pool
9:30 a.m. – 1:00 p.m. Brunch Swim (Ages 18+)
10:00 a.m. – 12:00 p.m. Tot's & Me (Adults with children 6 months – 4 years)
1:15 – 3:15 p.m. Public Swim (All ages)

SATURDAYS

7:00 – 9:00 a.m. Adult Swim (Ages 18+)
10:00 a.m. – 1:00 p.m. Brunch Swim (Ages 18+)
1:30 – 4:00 p.m. Public Swim (All ages)
4:30 – 7:00 p.m. Public Swim (All ages)

SUNDAYS: Available for Rentals and Special events (see below)

WHEN THE WEATHER TURNS COOL – CALL THE POOL!!

If you've got a group of people looking to have a fun, safe event give the pool a call. Perhaps you are in charge of planning a birthday or anniversary party, church picnic or youth group outing, scouting event, holiday party, baptism, or family reunion – we can facilitate a large group of people. Call (920) 982-8524 and ask for or leave a message for a manager to find out more about prices and available dates.

POOL RULES

- Don't enter the water until a lifeguard is present on deck.
- No food, drinks, or tobacco on deck or in the locker rooms.
- No diving in the shallow end.
- Only forward rotation is allowed from the diving board.
- No running from the back of the diving board.
- Swimmers must stay clear of diving board, blocks, ladders, and guard chairs.
- Office staff must approve swim toys brought from home.
- Pool equipment (excluding beach balls) is not to be used during public swims.
- Proper swimwear is required, no cut-off jeans.
- Please do not swim with open sores.
- Children must wear a swim diaper if not toilet-trained.
- No running on deck or horseplay in the pool is allowed.
- Keep your voice to a minimal level and do not use profanity.
- Do not play, swing, or sit on the ropes.
- Swimmers must be able to swim the length of the deep end to use the diving board.
- Children must be 4-feet tall or be able to swim the length of the deep end to use the slides.
- Lifeguards are on staff for your safety, please do not distract them or converse with them while they are on duty.

SUMMER MEMBERSHIP PASSES:

It's never too early to plan ahead. Makes a great gift too!
The General pass includes entrance to the main pool, splash pad, hot tub (18 and older), and the weight room (16 and older). Summer passes are effective from June 1st – August 31st, 2017. Buy now and Get them at the 2016 price!

PRICES:

Youth General Pass = Resident $45.00 / Non-Resident $63.00
Family General Pass = Resident $81.00 / Non-Resident $108.00

WATER AEROBICS EXERCISE CLASSES (AQUACISE)

It's not just for old ladies!! Seriously! If you like being in the water but get bored swimming up and down the lanes, or just want to vary your routine, consider trying some pool exercise classes. Water exercise can also be safer and more comfortable for pregnant women or for those who are overweight, recovering from surgery, or suffer from arthritis, back pain or muscle or joint problems. Since your weight is partially supported and your movements slowed down, you are much less likely to injure yourself.
All classes are one hour long unless otherwise noted. It is recommended to bring a bottle of water poolside to keep your body hydrated. New participants and questions are welcome at any time. Ages 12-15 are welcome to join classes but need to have an adult in class as well.

TIPS FOR WATER EXERCISERS

- A doctor's guidance is advised before you start an exercise program.
- Before your first class, let your instructor know about any special conditions that might affect your workout.
- Keep yourself hydrated before, during and after your workout by drinking plenty of water.
- For maximum, resistance the water depth should be about chest height.
- Wearing water shoes can improve your footing and protect your feet in shallow water.
- Touching your heel to the floor each time your foot lands promotes correct form.
- Use the "Talk Test" to determine your exertion level. You should be able to talk with another person during your workout. If you can't, then you are working too hard and should slow down. Please respect the instructor and other participants by keeping conversations to a minimum during class.
- Remember- the more energy you invest in your workout, the more calories you'll burn!

DROP-IN AQUACISE CLASS FEES

City of New London Residents: $3.00/Class, $27.00 for a 10-class pass
Non-City Residents: $4.00/Class, $36.00 for a 10-class pass

SHALLOW WATER AQUACISE

CLASS DESCRIPTION: A well-rounded and fast-paced water exercise class that gives you a low-impact cardio workout as well as targeting your abs and strength training for the upper body! NO SWIMMING SKILLS NECESSARY. This is an ongoing class- join at any time!

CLASS TIMES:

Tuesday	8:00 - 9:00 a.m. & 7:00 -8:00 p.m.
Thursday	8:00 - 9:00 a.m. & 7:00 -8:00 p.m.

DEEP WATER AQUACISE

CLASS DESCRIPTION: This class is a great workout for your cardio system as well as major muscle groups. This is a minimum impact class and minimal swimming ability is needed; everyone uses a floatation belt (Rent a belt for $1.00, or purchase one at the front desk). This is an ongoing class join at any time!

CLASS TIMES:

Monday	8:00 - 9:00 a.m. & Tuesday 7:00 - 8:00 p.m.
Wednesday	8:00 - 9:00 a.m. & Thursday 7:00 - 8:00 p.m.

ARTHRITIS SHALLOW AQUACISE

Class Description: This class was developed by the Arthritis Foundation as a safe exercise program for those suffering from a wide variety of joint issues and arthritis-like symptoms. This minimal impact class can benefit a variety of people looking to strengthen muscles, improve balance, increase range of motion, or relieve stiffness. This class runs at a recreational pace that ANYONE can handle. This is an ongoing class join at any time!

CLASS TIMES:

Tuesday	9:00- 10:00 a.m.
Thursday	9:00- 10:00 a.m.

AQUABILITY DEEP WATER AQUACISE

Class Description: This class is a fusion between our Deep Water Aquacise class and the shallow water Arthritis Foundation class. The deep water offers a no-impact setting which is gentle on the joints. The focus of this program is to softly stretch and strengthen the body using the resistance and the buoyancy of the water to assist in each exercise.

CLASS TIMES:

Friday 8:00 – 9:00am

REGISTRATION INFORMATION FOR ALL AQUATIC & FITNESS CENTER PROGRAMS

The New London Aquatic and Fitness Center does not accept registrations by mail. Please register online at www.activenet.active.com/newlondon, by calling (920) 982-8524, or in-person at the New London Aquatic and Fitness Center or at the Parks and Recreation office in the New London Municipal Building (West entrance) at 215 N. Shawano St. There will be a $10.00 per-child fee for swimming lesson registrations taken after the closing date.

SATURDAY DEEP WATER

This class runs on specific dates & requires participant registration.
Ever dreamt of being a dolphin or a penguin?! Dream no more! This class makes the most of flippers, or fins, to strengthen your legs muscles and target the core muscles of the stomach and back. Participants must furnish their own fins, but the class can also be done without them. Use the following website to research types of fins. https://www.swimoutlet.com/guides/how-to-choose-swim-fins Mono fins will not be useful in this class. Register now to join in the fin fun!

WINTER SESSION

REGISTER BY: January 12
DATES: January 14, 21, 28, Feb. 4, 11, 18, 25
TIME: 8:30 - 9:30 a.m.
FEES: Residents $17.50/ Non-Residents $24.50

Try the Class FREE on January 7!!

SPRING SESSION

REGISTER BY: March 23
DATES: March 4, 11, 25, April 1, 8, 22, 29
TIME: 8:30 - 9:30 a.m.
FEE: Residents $17.50/ Non-Residents $24.50

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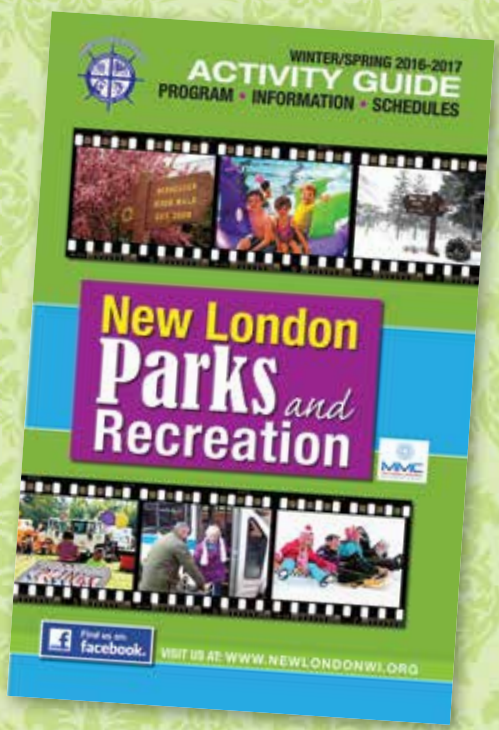

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05264965

SWIMMING LESSON REGISTRATION:

Please note the registration dates for each individual session.
Classes may fill and be closed prior to the closing date.
REMINDER: You can pay the NR Discount fee $85,
and reduce your kid's lesson fees by $15.00 per session.

WINTER I SWIM LESSONS –

REGISTER: December 1-January 1, 2017 Late Registration Fee: $10.00 per child
FEES: Residents $25.00 Non-Residents $40.00
Class dates are 1x/week for 50 minutes. If 2 lessons are canceled due to weather, 1 will be made up.
MONDAYS: January 9, 16, 23, 30 February 6, 13 (Lesson make-up date: February 20)
TUESDAYS: January 10, 17, 24, 31 February 7, 14 (Lesson make-up date: February 21)
THURSDAYS: January 12, 19, 26 February 2, 9, 16 (Lesson make-up date: February 23)
SATURDAYS: January 14, 21, 28 February 4, 11, 18 (Lesson make-up date: February 25)

DAYS: TIMES:	Monday 5:05-5:55 p.m.	Monday 6:00-6:50 p.m.	Tues. or Thurs. 5:00–5:50 p.m.	Tues. or Thurs. 5:55–6:45 p.m.	Saturday 8:30–9:20 a.m.
LEVELS:	Pre-Aquatics Levels 1-6	Parent-child (45 min) Pre-Aquatics Levels 1-6	Pre-Aquatics Levels 1-6	Pre-Aquatics Levels 1-4	Pre-Aquatics Levels 1-3

WINTER II SWIM LESSONS –

REGISTER: December 1 February 15. Late Registration Fee: $10.00 per child
FEES: Residents $25.00 Non-Residents $40.00
Class dates are 1x/week for 60 minutes. If 2 lessons are canceled due to weather, 1 will be made up.
MONDAYS: February 27, March 6, 13, 20, 27 (Lesson make-up date: April 3)
TUESDAYS: February 28, March 7, 14, 21, 28 (Lesson make-up date: April 4)
WEDNESDAYS: March 1, 8, 15, 22, 29 (Lesson make-up date: April 5)
THURSDAYS: March 2, 9, 16, 23, 30 (Lesson make-up date: April 6)

DAYS: TIMES:	Mon. or Wed. 5:00-6:00 p.m.	Mon. or Wed. 5:00-6:00 p.m.	Tues. or Thurs. 4:55-5:55 p.m.	Tues. or Thurs. 6:00–7:00 p.m.
LEVELS:	Pre-Aquatics Levels 1-6	Pre-Aquatics Levels 1-6	Pre-Aquatics Levels 1-6	Parent-child (45 min) Pre-Aquatics Levels 1-6

SPRING I SWIM LESSONS –

REGISTER: February 1- April 2. Late Registration Fee: $10.00 per child
FEES: Residents $25.00 Non-Residents $40.00
Class dates are 2x/week for 50 minutes
MONDAYS & WEDNESDAYS: April 10, 12, 17, 19, 24 & 26

DAYS: TIMES:	Mon. and Wed. 5:10-6:00 p.m.	Mon. and Wed. 6:05-6:55 p.m.
LEVELS:	Pre-Aquatics Levels 1-6	Parent-child (45 min) Pre-Aquatics Levels 1-6

CHILDREN'S SWIM LESSONS LEVEL DESCRIPTIONS

Not sure what swim lesson level to put your child in? We can help!
Take a look at these level descriptions and then talk to the Manager or Assistant Manager and ask them to make a recommendation!

PARENT & CHILD (6 MONTHS - 3 YEARS)
This class introduces your child to swimming in a fun & safe manner and teaches you, as a parent, proper handling techniques and important safety lessons. The same person does not need to accompany the child to each class. Grandparents, older siblings, or babysitters are welcome substitutes for a parent in the water.

PRE-AQUATICS (3 – 5 YEARS)
This class focuses on water adjustment. It is a good starting place for 3 – 5 year olds that are new to the water. Students work on becoming comfortable in the water & learn to float with support. Students learn basic swimming skills (front & back crawl arms & kicks) and safety skills.

LEVEL 1 (5 YEARS & OLDER)
Students learn basic swimming skills (front & back crawl arms & kicks). Students start to learn breath control & how to combine arm strokes & kicks. Front and back glides and safety skills are also covered.

LEVEL 2 (5 YEARS & OLDER OR TEST OUT OF LEVEL 1)
Students become comfortable with front & back floats without support for 10 seconds. Front and back glides are reviewed. Introduced are the elementary backstroke, sidestroke, breaststroke, and rotary breathing. Additional safety skills are taught.

LEVEL 3 (5 YEARS & OLDER OR TESTED OUT OF LEVEL 2)
Students work on rhythmic breathing, adding distance to the front & back crawl and sidestroke for 15 yards. Progression in the other five strokes is also made. Deep water treading and diving are introduced along with new safety skills.

LEVEL 4 (5 YEARS & OLDER OR TESTED OUT OF LEVEL 3)
Students work on building endurance for the front & back crawl, breaststroke, backstroke, sidestroke. Introduced are the butterfly kick, advanced dives, and aquatic survival skills.

LEVEL 5 (6 YEARS & OLDER OR TESTED OUT OF LEVEL 4)
Students work on refining their strokes and open turns and flip turns. They add the upper body component to the butterfly and move their diving skills to the diving board. Advanced survival skills are covered.

LEVEL 6 (6 YEARS & OLDER OR TESTED OUT OF LEVEL 5)
Students aim on conditioning, continue stroke refinement with a goal of swimming 300 yards continuously, and learn advanced diving skills on the diving board. Water and boating safety skills are discussed.

NEW LONDON SENIOR CENTER

600 W. Washington St. • New London, WI 54961 • (920) 982-8524

WEEKLY ACTIVITIES

NOON MEALS

Served Monday through Friday at 11:30 a.m. Call 982-8522 one day ahead before 11:30 a.m. for a reservation.

NEW LONDON TRANSIT SERVICE

Available from 9:00 a.m.-4:00 p.m. for seniors 60 and over as well as individuals of all ages with disabilities. Call 982-8523 for service. This service provides transportation to participants within the corporate city limits of New London as defined in our residential policy.

TUESDAYS

BINGO: Every Tuesday at 12:30 p.m.
BIRTHDAY PARTY: The last Tuesday of the month along with Bingo.

WEDNESDAYS

Cards (sheepshead) every Wednesday at 12:30 p.m.

FRIDAYS

Foot Clinic on the 2nd and 4th Fridays of the month by Valley VNA Registered nurses. Please call 538-2974 for an appointment.
New London Senior Center- (920) 982-8522

FITNESS/ACTIVE ADULT PROGRAMS

STRONGWOMEN

This Morning **Strongwomen** class will be two times each week in a 16 class session.
The **StrongWomen** Program is a strength training program for middle aged women and older. Research shows that strength training will improve bone density, reduce falls, improve arthritis symptoms, increase flexibility as well as improve your mood and attitude.

WHERE: Washington Center Gym
WHEN: Mondays, Wednesdays, and Fridays
Session 1: January 9, 2017-February 13, 2017.
Session 2: February 15, 2017-March 22, 2017.
Session 3: March 24, 2017-April 28, 2017.
TIME: 10:30-11:30 a.m.
FEE: For 16 class session.
Residents Over 60: $20.50 Under 60: $41.00
Non-Residents Over 60: $28.00 Under 60: $56.00

PI-YO

Pi-Yo is an exercise class that is unlike any other. This hybrid athletic workout combines practices of Yoga and Pilates as well as the principles of strength training, conditioning, and dynamic movement. It includes modifications, yet offers exercise progressions to challenge all levels of participants. Above all it is fun and will make you feel fantastic.

WHERE: Washington Center Gym
WHEN: Mondays and Wednesdays
Session 1: January 9, 2017-March 1, 2017.
Session 2: March 6, 2017-April 26, 2017.
TIME: 9:30- 10:15 a.m.
FEE: For 8 week session
Residents Over 60: $20.50
Under 60: $41.00
Non-Residents Over 60: $28.00
Under 60: $56.00

TAI CHI

Tai Chi is an exercise that goes through a series of exercises with symmetrical body movements repeated through to the Tai Chi form. This program works with you through your breathing, posture, and functional relaxation. Practice increases flexibility, strengthening of upper and lower extremities and improving balance, spinal stabilization and coordination. This program is perfect for all levels of strength but has been proven as a great tool in rehabilitations from many different types of injuries and medical issues, including pain management, respiratory diseases, chronic fatigue, and fibromyalgia.

WHERE: Washington Center Activity Room
WHEN: Tuesdays and Thursdays
Session 1: January 10, 2017-March 2, 2017.
Session 2: March 7, 2017-April 27, 2017.
TIME: 10:30- 11:15 a.m.
FEE: For 8 week session
Residents Over 60: $20.50
Under 60: $41.00
Non-Residents Over 60: $28.00
Under 60: 56.00

REGISTRATION for these programs are available at the New London Parks and Recreation Office at 215 N. Shawano St. New London, WI 54961 or the New London Aquatic and Fitness Center at 815 W. Washington St.
New London, WI 54961 or at www.newlondonwi.org.
Call Kim Ebert at (920) 982-8522 with any questions.

CITY PARK INFORMATION

	Acres	Public Restrooms	Shelter	Picnic Tables	Woods/Nature Area	Shade	Open Space	Playground	Softball/Baseball	Basketball Courts	Volleyball Courts	Tennis Courts
New London Nature Area (800 Partridge Drive)	94				X		X					
St. John's Park (122 North Water Street)	0.4			X								
River Trail Park (205 S. Shawano Street)	1.8			X			X					
Pfeifer Park (509 Burton Road)	9.4	S	X	X		X	X	X	3	X		2L
Mini Park (521 North Water Street)	0.2					X						
Taft Park (400 N. Water Street)	0.4			X		X	X					
Abraham Park (1800 S. Pearl Street)	3.3	S		X			X	X	1	X		2
Bernegger River Walk (103 S. Pearl Street)	1.1											
Memorial Park (800 Montgomery Street)	13	S	X	X		X	X	X	2		2L	
Old Settlers Park (800 W. Washington Street)	5.5	X					X					
Riverside Park (1215 W. Wolf River Avenue)	5	X	X	X		X	X					
Hatten Park (801 Werner-Allen Boulevard)	120	S	X	X	X	X	X	2	3	X	2	4
Old City Hall Square (100 W. North Water Street)	0.2											
Franklin Park (500 Division Street)	1.3	S		X	X	X	X	X				
Krostue Park (411 Elm Street)	23			X	X		X	X	X			

S = Public restrooms are open from mid May - September **L = Lighting available**

The City maintains fifteen park sites that encompass a combined area of approximately 280 acres. This system offers a wide variety of passive and active recreational opportunities as well as ample service facilities to support them.

Horseshoe Pits	Disc Golf Course	Ice Rinks	Sledding Hill	X-Country Ski Trails	Flower Garden	Boat Launch	Boat Docking	Off-street Parking	Snowmobile Trails	Walk/Bike Trails	Handicap Accessible	Shoreline Fishing	Fishing Piers	Dog Park
								X						
					X					X	X	X		
X								X		X	X	X		
					X						X			
							X	X			X	X		
							X	X			X	X	X	
					X			X			X	X		
								X						
		XL	XL			X	X	X		X	X	X		
XL	X			X	X			X		X	X			
					X			X			X			
					X					X	X			
								X						

PARK RESERVATIONS

The following shelters are available for reservations:

Park Shelter	FEE
Hatten Park #2	$70.00
Hatten Park #3	$70.00
Hatten Park Kunkle	$55.00
Pfeifer Park	$55.00
Riverside Park	$55.00

(discounts available for non-profit group events)

GENERAL PARK RULES

- Parks are open from 6 a.m. to 9 p.m. Boat launches and fishing areas may be used any time
- Golfing is not allowed in parks for safety reasons
- Dogs must be on a leash at all times and kept on trails (except within the fenced in area at the NL Jaycees Dog Park)
- Clean up of animal litter is required
- No person shall possess intoxicating liquors or fermented malt beverages in Taft Park, Mini Park, Old City Hall Square, St. John's Park or Bernegger River Walk

Reservations are open to the public each year on a first come, first serve basis up to one year in advance prior to the date of your event. Fees are required at the time of reservation to secure your date. Registration is available online at www.NewLondonWi.org, at our office at 215 N. Shawano St., New London, WI 54961, or by calling (920) 982-8521.

WASHINGTON CENTER RENTALS

The New London Parks and Recreation Department rents out the Washington Center Gym, Activity Room and Community Center Rooms for various meetings, parties and non-profit groups. The Community Center is a great facility for events such as wedding and bridal showers or birthday parties. The Activity Room is a perfect size for a group meeting. Below are the fees and conditions of all of these facilities and how to get your event booked today!

FOR A NON-PROFIT GROUP:

We are more than happy to provide non-profits the opportunity to rent our facilities for meetings or special events as long as they are able to provide us with proof of 501c3 status upon registration. A meeting constitutes group members meeting for organizational or planning purposes and an event is something offered to the public to promote the group's mission or provide service for the public. All groups must get approval from the Parks and Recreation Director.

ROOM RATE

GYMNASIUM (team practice/game/event)
$9.00/hour
COMMUNITY CENTER (meeting/event)
$9.00/hour
ACTIVITY ROOM (meeting/event)
$9.00/hour

FOR PRIVATE GROUPS

COMMUNITY CENTER

The Community Center is a large room with 11 round tables that seat 6 comfortably at each. There is plenty of counter top space, a sink and refrigerator for use as well. Table seating capacity is approximately 75, there are more chairs and tables available upon request. Additional amenities include a pull down projection screen, lounge area with carpeting and couches and chairs.
ROOM CAPACITY: 200+
FEE: $15.00 per hour (new lower rate!)

ACTIVITY ROOM

The Activity Room is the smaller of the two rooms. You are more than welcome to set it up any way you like. There is room for about 6 –8 long tables set up with room for about 20 chairs. With no tables, set up theater style there is room for about 40 people. There is counter space and a small sink for your use as well.
ROOM CAPACITY: 40
FEE: $10.00 per hour (new lower rate!)
The facility is also where Waupaca County serves Senior Meals and the New London Parks and Recreation Department holds youth programs. Please refrain from using the dishwasher, coffee pots and other kitchen equipment as this is not our equipment. Also please do not use any of the supplies in the closets and cupboards, these are not for rental use.

GYMNASIUM

The Washington Center Gym is a multipurpose facility with 6 basketball hoops, 2 possible volleyball courts, a curtain to divide the gym in half, a stage and pull out bleachers. Please let us know what activities you are interested in upon rental so we can accommodate you effectively.
ROOM CAPACITY: Varies according to event
FEE: $25 per hour

IF YOU OR YOUR GROUP ARE INTERESTED IN RENTING A FACILITY THROUGH THE NEW LONDON PARKS AND RECREATION DEPARTMENT PLEASE GIVE US A CALL AT (920)982-8521.

PARK SHELTER RENTALS

The City of New London Parks and Recreation Department offers a variety of Park Shelters available for rental. Amenities vary depending on Shelter Location but all include access to electricity, bathrooms, picnic tables and shelter. Reservations for Park Shelters can be made a year in advance, either on-line, by calling (920) 982-8521 or by stopping in at the Park & Recreation office. Fees should be paid at the time of reservation.

Shelters Available for Rental with individual Amenities include:

HATTEN PARK SHELTERS #2 & #3:

RENTAL FEE: $70 each

· NEW IN 2015 Wash stations with large sink and hot water!
· Restrooms
· Shelter
· Picnic Tables
· Playground
· Volleyball Courts
· Basketball Court
· Softball/Baseball Diamonds
· Disc Golf Course
· Off-Street Parking
· Handicap Accessible
· Indoor prep area
· Refrigerator
· Electrical Outlets

Located in the middle of Historic Hatten Park, this facility is a great option for birthdays, family reunions, graduation parties and even weddings. The large shelter can be divided into 2 rentable spaces, named shelter 2 and 3. Shelter 1 is not for rent as it is utilized by the parks department. There are approximately 9 picnic tables on each side. The option to rent both spaces is available for double the cost of one side and based on availability.

KUNKEL SHELTER

RENTAL FEE: $55

· Restrooms
· Shelter
· Picnic Tables
· Playground
· Softball/Baseball Diamond
· Disc Golf Course
· Off street parking
· Handicap Accessible
· Electrical Outlets
· Horseshoe Pits
· Tennis Courts

Located at the main entrance of Historic Hatten Park, this facility boasts a variety of family activities, a private fenced in shelter and new renovations. There are approximately 12 picnic tables.

PFEIFER PARK

RENTAL FEE: $55

· Restrooms
· Shelter
· Picnic Tables
· Playground
· Volleyball Courts
· Softball/Baseball Diamonds
· Fishing
· Walk/Bike Trail
· Tennis Courts
· Basketball Courts
· Off-Street Parking
· Handicap Accessible
· Electrical Outlets

Parking and Shelter located off of Waupaca St. this park has the most recreational opportunities making it perfect for a family reunion! Fish the Embarrass or play a game of volleyball all with the security of a large open shelter in case of inclement weather on your event day. The shelter also has plenty of power receptacles and approximately 12 picnic tables.

RIVERSIDE PARK

RENTAL FEE: $55

- Restrooms
- Shelter
- Picnic Tables
- Fishing
- Walk/Bike Trail
- Off-Street Parking
- Handicap Accessible
- Electrical Outlets

Riverside Park is a great place to hold a fishing themed birthday or family reunion for your boating/fishing enthusiast's family. The shelter is located on the majestic Wolf River with access to a well-kept boat launch and docks perfect to fish off of or to take the kids on boat rides. The shelter is a large open area with plenty of power receptacles and approximately 15 picnic tables.

SHELTER RENTAL PROCEDURES

Reservations are open to the public each year on a first come, first serve basis up to one year in advance prior to the date of your event. Registration is available online at www.newlondonwi.org, at our office at 215 N. Shawano St. New London, WI 54961 or by calling our office at (920) 982-8521. Office hours are 8:00 a.m. – 4:30 p.m. Monday thru Friday. No refunds for cancellations only date transfers.

All fees must be paid in full and waivers signed within 10 days of booking, otherwise the permit will be canceled.

If you are renting a Hatten Shelter (Hatten #2, Hatten #3 or the Kunkel Shelter) you will need to check out a key for that facility from the Parks and Recreation Office during normal business hours (Monday through Friday, 8:00 a.m. - 4:30 p.m.) prior to your rental.

Park Buildings are subject to all city ordinances and municipal codes.
Any issues the day of the event please contact the Police Department at the Non-Emergency Number 982-8505

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