

City of New London Parks and Recreation



Activity Guide



Winter 2010



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Date: 12/14/09

New London Parks & Recreation Department
Chad Hoerth, Parks and Recreation Director choerth@newlondonwi.org


Recreation Department

Ginger Miller, Recreation Coordinator

Janet Searl, Administrative Assistant

 215 N. Shawano Street New London, WI 54961

Office Hours - Monday — Friday, 8:00 am — 4:30 pm

 920-982-8521

 www.newlondonwi.org




Aquatics and Fitness Center

Laura Gorges, Aquatic Manager

Julia Martinson, Assistant Aquatic Manager

 815 W. Washington St. New London, WI 54961

*Check Guide for hours

 920-982-8524

 www.newlondonwi.org

Parks Shop

Dan Neely, Parks Superintendent

Mark Ebert, Building and Grounds Superintendent

 915 W. Wolf River Ave. New London, WI 54961

Office Hours — Monday — Friday, 7:00 am — 3:00 pm

 920-982-8510




Senior Center

Kim Ebert, Senior Center Director

 600 W. Washington St. — 982-8522

Office Hours — Monday — Friday, 9:00 am — 4:00 pm

 **Senior Van Service — 982-8523**

 *Pick ups ONLY - 585-6739*

Registration Information

Online Program Registration. View program descriptions, schedules and sign up for events all from the comfort of your home! We also now accept credit cards online and when you come in to register. Go to www.newlondonwi.org and click on the Parks and Recreation link to begin.

All new users for online registration will need to register with the Parks & Recreation Office to gain a user name and password to access your account. To do that you can come in, call the Parks and Rec office or fill out the online form and submit a request. Please note that if you submit an online request you will not be able to immediately sign up for programs until our staff has approved and created your account, so please fill out the request form a few days before you plan to register online. If you have questions about this new service please call the Parks & Recreation office at 982.8521.

4 Easy Ways To Register



1. **Mail In:** Mail your completed registration form along with payment to: New London Parks and Recreation Department 215 N. Shawano St. New London, WI 54961



2. **24 Hour Drop Box:** At your convenience, drop off your completed registration form and payment in a sealed envelope marked Parks and Recreation Registration. There is a Utilities Payment drop box in the front of the City Municipal Building available 24 hours.



3. **Online:** www.newlondonwi.org create your account and follow the step-by-step instructions & receive your approval via email. Credit Card Payment Only.



4. **In-Person/Walk-In:** Accepted at the Parks and Recreation Department for Recreation Programs Monday-Friday, 8:00 a.m.-4:30 p.m. And the Aquatic and Fitness Center for Aquatic Programs during pool hours. Please prepare a completed registration form prior to arrival so we can serve you more efficiently.

Recreation Programs

Winter Youth Gymnastics

When: January 20th– February 24th

Ages 4-5 years old: Wednesdays 3:30-4:15 p.m.

Ages 6-7 years old: Wednesdays 4:15-5:15 p.m.

Fee: Resident/Non-Resident \$10/\$25

Where: Washington Center Gym

Instructor Georgette Powlett-Messina is back this winter to instruct our gymnastics program. The program will focus on developing each individual's progress at their own pace. The class is designed to build strength, agility and coordination in a positive environment. This gymnastics program is a great introduction to uneven bars, the balance beam, horse and tumbling skills.

Fit & Fun for Pre-Schoolers

Where: Washington Center Gym

When: January 19th-February 23rd Tuesdays, 9:00 a.m.-11:00 a.m.

Fee: Residents/Non-Residents \$20/ \$35

Ages: 3-5 (must be potty trained)

Sometimes it's just too cold to play outside with your little ones still at home. Come and enjoy one-on-one time with your child in a fantastic setting. Activities include crawling, jumping, balance beams, parachute, balls, and movement with music. The first hour will have organized activities and the remaining hour will be open gym time where you can play ball, tumbling or just hanging out on the mats.

Open Gym

Ages: 6-14 years old

Where: Washington Center Gym

When: Wednesdays and Fridays 3:30-5:00 p.m. Saturdays 1– 3 p.m. On New London School District Early Dismissal Days the gym will be open at 2:00 p.m.

Fee: \$1 or buy a 10 pass punch card for \$8

An open gym supervisor is at the gym during this time.

Participants can play basketball, kickball, football, or whatever they prefer, all equipment is provided. There is also an area set up for homework as well.



Special Open Gym Times for the Holidays

are as follows:

December 25th and 26th there is no open gym.

December 28th-30th 1:00-4:00 p.m.

There will be Wii, movies, board games and all gym equipment will be available for use.

Fee: \$1 or buy a 10 pass punch card for \$8

Super Saturdays

Ages: Elementary and Middle School

Where: Washington Center Gym

When: Saturdays January 16th-March 13th

Fee: \$1 or buy a 10 pass punch card for \$8

There will be something for everyone! Basketball, Volleyball, etc. Wii, board games, a snack and much more! All activities will be supervised.

American Red Cross Babysitting Course

Ages: 11-15 years old

Where: Washington Center Activity Room

When: Wednesdays January 20th-February 24th 4:30-5:30 p.m.

Fee: Residents/Non-Residents \$30/\$45

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.



Adult Fitness

Yoga

Session 1: January 12— February 23, 2010

Session 2: March 9-April 20, 2010

Time: 6:00 -7:00 p.m.

Fee: Resident/Non-Resident \$20/\$32

Where: Washington Center Activity Room

Instructor Crystal Kopitzke takes you through many poses to strengthen your mind and body. The class is paced to challenge the intermediates but not intimidate the beginner. Please bring your yoga mat if you have one, as equipment is limited.

Land Aerobics

Ages: 16 and up

Where: Washington Center Gym

When: Mondays and Thursdays, 4:30-5:30 p.m. & Saturdays, 6:00-7:00 a.m.

Fee: Tickets must be purchased at the Parks and Recreation Office or the Aquatic and Fitness Center.

Per Class: Resident/Non-Resident \$2.00/\$3.25

Per 10 Pack: \$19.00/\$30.00

A high energy cardio workout that incorporates various aerobic exercises as well as light weight training. Classes run continuously throughout the year, with no registration deadlines, sessions, or commitments. Workouts are approximately 60 minutes long. Bring your own mat, steps and weights are provided.

Zumba

Ages: 16 and up

Where: Washington Center Gym

When: Mondays, Wednesdays, Thursdays and Saturdays 9:30 -10:30 a.m.

Thursdays 6:00-7:00 p.m.

Fee: Tickets must be purchased at the Parks and Recreation Office or the Aquatic and Fitness Center.

Per Class: Resident/Non-Resident \$2.00/\$3.25

Per 10 Pack: Resident/Non-Resident \$19.00/\$30.00

Senior Pricing on 10 Packs ONLY: Resident/Non-Resident \$10.00/\$20.00

If you're looking for a workout that's fun and easy to do then Zumba is for you! Zumba utilizes a fusion of Latin and International Music and Dance themes for a workout which allows participants to "dance away their worries". Zumba allows participants to work out at their own level and can burn 400-650 calories in a 45 minute class.

Zumba Express

Ages: 16 and up

Where: Washington Center Gym

When: Mondays and Thursdays 11:45-12:15 p.m.

Fee: Tickets must be purchased at the Parks and Recreation Office or the Aquatic and Fitness Center.

Per Class: Resident/Non-Resident \$2.00/\$3.25

Per 10 Pack: Resident/Non-Resident \$19.00/\$30.00

Senior Pricing on 10 Packs ONLY: Resident/Non-Resident \$10.00/\$20.00

This class is a quick paced, pumped up Zumba workout, available for you to get in a great workout during your lunch hour. There are full locker room amenities available for your convenience.



Field Trips

Milwaukee Bucks Trip

Bring the entire family to watch Michael Redd and the Milwaukee Bucks take on LeBron James and the Cleveland Cavaliers at the Bradley Center in Milwaukee. Price includes ticket, bus ride down and participate in **Kourtside Kids** where Kids 14 and under will have the opportunity to be a part of all the pre-game action from the best seats in the house - the floor!

Who: All ages, ages 10 & under must be accompanied by an adult

When: Saturday March 6, 2010

Time: Bus leaves at 2:30 p.m., game time 7:30 p.m. returning as soon as possible after the game.

Where: Bus departs from the back lot of City Hall

Registration Fee: \$40

Registration Deadline: February 26, 2010

Funset Boulevard Trip

Beat the winter Blues with a trip to Funset Boulevard! There's no school so get on the bus at City Hall and play all day! The trip includes unlimited access to Laser Tag, Bumper Cars, Kid's Play Ground, Train, Carousel, 20 Game Tokens and a Pizza and Soda Buffet.

Who: All ages, ages 10 & under must be accompanied by an adult

When: Friday, January 22, 2010

Time: Bus leaves at 10:30 a.m. and will return at 3:30 p.m.

Where: Bus departs from the back lot of City Hall

Registration Fee: \$25

Registration Deadline: January 15, 2010

New London Access

Found on **Channel 990 Digital/Analog 96**

Same service, different channel and
exciting new format!

**Are you a non-profit organization
and**

**want to get something on
the New London Cable Access Channel?**

Please submit it to us 2 weeks prior to your event and we can post it for you!

Contact Dick Johnson at 982-8537.

Programs are changing daily
make sure to check us out!

Watch for program and league cancellations, Discover Wisconsin, local school holiday performances and many more national and local broadcasts to appeal to any viewers.

**NEW! LIVE STREAMING
And check out the hourly schedule**

@

<http://nlaccess.newlondonwi.org/cablecast/public/Schedule>.

Helpful Winter Information

Sled Hill and Ice Rink

The sled hill and ice rink openings will vary according to weather conditions.

Please contact the Parks and Recreation Dept at 982-8521 or New London Access will also identify if the areas are open.

The warming house will be open during the park hours of 6:00 am to 9:00 pm.

Cross Country Trails

Hatten and Krostue Trails will be open based on snow availability. Please call the office for trail openings.

Snowmobile Trails

Please contact Waupaca County at 715-258-6243 x 1 or the Outagamie County Snowmobile Hotline at 920-832-4790 x 3 for information on the opening of trails.

League and Program Cancellation Information

The New London Parks and Recreation staff will call all captains in case of a cancellation by 4:30 p.m. or sooner. It is the captain's responsibility to notify team members of the cancellation. Program cancellations will be determined asap and participants will be contacted directly by the Parks and Recreation Staff. Continuous, non registered programs will be posted on the website, Access New London and by calling (920)982-8521.



New London Aquatic and Fitness Center

Public Swim Times

Public Swim is open to everyone. Swimmers under the age of 7 and non-swimmers must have someone 13 or older in the water with them at all times. Water slides will be open. You must be 4' tall or be able to swim across the deep end of the pool to use the water slides, deep end and diving well.

Sundays 1:00-4:00 p.m.

Mondays and Wednesdays 1:15-3:15 p.m. and 7:30-9:00 p.m.

Tuesdays 2:00-3:30 p.m.



Water Exercise Classes

Shallow Water Aquacise: a high intensity shallow water aerobic class. You do not have to be a swimmer to take this class as it is all in the shallow end of the pool. Instructors combine a variety of cardio and water resistance moves to provide you with an optimal low impact workout.

Monday-Thursday 8:00-9:00 a.m. and **Tuesdays & Thursdays** 7:00-8:00 p.m.

Deep Water Aquacise: The ultimate low impact work out, get a full work out in with no impact on your joints! Being comfortable in the deep end is recommended as all of the work out is in the deep end of the pool. Belts are available for rent at the pool, or you can bring your own, the workout does not require a belt though all necessary equipment will be provided.

Mondays & Wednesdays 8:00-9:00 a.m. and **Tuesdays & Thursdays** 7:00-8:00 p.m. and **Saturdays** 8:00-9:00 a.m.

H2O Bootcamp: A cardio kick butt aquatic workout! This workout uses the water as the best form of resistance out there without the possibility of injury because of it's low intensity. Go hard or go home in this boot camp fitness routine.

Tuesdays 6:15-7:00 a.m.

The Pool will be closed for the Holidays

December 24th at 1:00 p.m.,

All Day December 25th,

All Day December 26th,

All Day December 27th

at 3:15 p.m. on December 31st

And

All Day January 1st.

Happy Holidays!



Washington Senior Center

Hours: 9:00 a.m.-4:00 p.m. Monday-Friday

Dinner Served at 12:00 p.m. Monday— Friday

Cost: \$3.00 Donation Call one day in advance for reservation

Meetings and Screenings

AARP Meeting: 3rd Monday of the Month, new members are always welcome.

Blood Pressure & Blood Sugar Screenings: 4th Wednesday of the Month

Zumba Gold

When: Wednesdays, 10:30-11:15 a.m. Beginning January 13, 2010

Where: Washington Center Activity Room

Cost: Residents over 60 \$1.00 per class 10 punch cards \$10.00

Non-residents over 60 \$2.00 per class 10 punch cards \$20.00

Tickets are sold at the New London Senior Center Office.

The same great Latin styles of music and dance are used as in the regular Zumba class but all movements can be performed in an optional seated position.

PACE Exercise Class

When: Mondays and Thursdays 10:30-11:30 a.m.

Where: Washington Center Activity Room

Cost: Residents over 60 \$1.00 per class or 10 punch cards for \$10.00

Non-residents over 60 \$2.00 per class or 10 punch cards for \$20.00

This class is a lower intensity exercise program for all adults over 60.

The Center also provides recreational and educational opportunities. One day trips via motor coach are available, as well as wii bowling, dartball leagues and a Billiard Table. The Center has movies, card parties, dances and bingo, plus occasional classes in crafts and upholstery. Please watch the local paper and website for more information or call (920) 982-8522.



Winter Weather Cancellations

All onsite or home delivered meals and senior center activities will be cancelled if the New London School District classes are cancelled due to poor road conditions.

Van Service will remain available upon the discretion of the Parks and Recreation Director. Please call the Senior Center or listen to WJMQ 92.3 for updates on cancellation information

Health and Fitness Challenge

This program is designed to help step up fitness activity in a fun and rewarding way and keep you motivated to keep up and accomplish your New Year's Resolution.

The program will be kicked off this year on January 16th with an Open House at the New London Aquatic and Fitness Center, free Land Aerobics at 6:00 a.m. at the Washington Center Gym and Free Zumba classes at 9:30 a.m.

When you register for the program you will receive a log book and instructions on how to earn a t-shirt, various prizes and a chance to win the grand prize of a one year pass to the New London Aquatic and Fitness Center. All of these goals will be met by working out and logging points for the exercise time earned through March 21st. **Tokens of achievement will be given at each of the following point levels: 15, 30, 45, 60, 75 All participants reaching the 30 point level will receive a t-shirt. Entry in Grand Prize Drawing— 90 points**

Logging Points...

Fitness Activity Points:

30 consecutive minutes of activity = 1 point

Maximum of 5 points daily

Points may be earned by...

- Walking, running, swimming, biking, roller skating, stair climbing, jump rope, aerobics exercise class, dancing, in-line skating, fitness class, yoga, judo, self-defense, aerobic fitness machines, vigorous cleaning, gardening, etc.
- Weight training, free weights, circuit training and weight machines
- Recreational Sports: Basketball, volleyball, handball, racquetball, tennis, soccer, golfing without a cart, softball, football, playing catch with kids, etc.

Who: All ages

When: January 16th-March 21st

Where: Open house-New London Aquatic and Fitness Center and Free Classes at the Washington Center Gym January 16th.

Registration Dates: Now-January 16th (there will be NO exceptions to this registration date so please register as soon as possible)

Registration Fee: None

Program Registration Form

Family Last Name: _____ Parent/Guardian _____

Street Address: _____ CITY: _____ ZIP: _____

Primary Phone: _____ Secondary Phone: _____

Email Address: _____

PARTICIPANT'S NAME	AGE	PROGRAM	T-shirt size	FEE

Note: Please inform instructor of any special concerns regarding you or your child prior to the start of the program. In case of accident or illness, list participants name and any conditions which medical personnel must know in order to render emergency treatment.
