

Portland Parks & Recreation
P.O. Box 71
Portland, CT
860-342-6757

[News for the week of December 12, 2016](#)

To register or to obtain additional information for any Parks & Recreation programs, please call 860-342-6757, or you may go online to www.portlandct.org, click on Departments, then to Parks & Recreation. The individual registration forms will be listed as a link on the web page. For program updates and cancellations please call the Parks & Recreation Hotline at 860-262-7234.

Tai Chi For Long Life is a unique health and fitness program designed to help relieve chronic pain and sickness, reverse many symptoms associated with normal aging, significantly reduce the harmful effects of stress, instill a deep sense of calm and relaxation, increase vitality and improve one's overall quality of health. A New 10-week session begins Wed. Jan. 11th at 9:30 a.m. and/or Fridays Jan. 13th at 1:00 p.m. You may take one class per week for a fee of \$40 or two classes per week for \$80 or you may take a drop in class for \$6.00. Class is held at the Buck Foreman Comm. Ctr. One Your instructor is Ken Zaborowski

Zumba! New Winter Session with Free Class!

Zumba fitness uses Latin rhythms and easy to follow moves to create a dynamic fitness program that will totally change the way you look at fitness! Zumba is an exhilarating, caloric-burning, body-energizing, and most of all, **FUN** program that will totally blow you away! A **FREE** Class will be held on Wed. Jan. 4th and the regular 10 week session will run Jan. 11 to March 15th from 6:15 p.m. to 7:15 p.m. You may drop take a drop in class for \$7.00! Participants under 18 must be accompanied by a registered adult. Your instructor is Valerie Swiantek.

Dance Classes with Miss Alicia

The following three dance classes all run Thursdays, Jan. 5th to Feb. 2nd at Inner Circle Family Martial Arts Studio. The fee for each session is \$50.

Pre-Ballet Class for ages 2 to 4 years old. This class is for the young dancer who wants to express their independence without the assistance of an adult. Dancers will have fun learning pre-ballet movement to popular children's music through singing and dancing and using a variety of props. Class is held from 4:15 to 5:00 p.m.

Ballet/Jazz Class for ages 4 to 6 years old is an introduction to ballet & jazz for young dancers being introduced to basic ballet & jazz steps and vocabulary. Class is held 5:00 to 5:45 p.m.

Kids Cardio Dance Exercise for ages 6 to 10 years is a high energy class for boys and girls to get moving and dancing to today's top music, old favorites and line dances! Class is held 5:45 to 6:30 p.m.

Inner Circle Winter Offerings

The Basics of Wrestling: This program will teach the basics of wrestling, including a general understanding of the rules and scoring. Wrestlers will also become comfortable

with each of the positions as well as being able to wrestle in a match by the end of the session! This class is taught by Nick Dionne, a four year varsity wrestler at PHS as well as Assistant Coach at PHS since 2012. The Class is for age 8 to 12 and runs Sundays, Jan. 8 to Feb. 26 from 5:30 to 6:30 p.m. The fee is \$80 for 8 weeks.

Little Ninja Karate (age 3-5)

This class taps into the “inner ninja” in every kid and will focus on learning some basic karate moves, listening skills, balance and coordination, taking turns and more. Parents are welcome to participate. If you or your child is a fan of American Ninja Warrior, this is the class for you! Mondays 3:30 to 4:15 starting Jan. 9th or Tuesdays 3:15 to 4:00 starting Jan. 10. The fee is \$80 for 8 weeks.

Karate for Beginners (age 6-9) This class is for kids that are new to karate and would cover the basics such as kicking, punching, blocking, balance, body control, self-confidence, self-defense and more in a fun, low-key atmosphere! Karate Gi's and headbands provided! Class is held Saturday, Jan. 7 from 10:00 to 11:00. The fee is \$80 for 8 weeks.

Karate for Kids (age 7+): This class is open to kids with or without karate experience, with the focus on proper form, self-defense, body-control, self-confidence, katas and more! All students receive white belt and will earn first stripe during this session. Gi's provided at reduced cost. Class starting Wed. Jan 4, Fri. Jan. 6 or Mon. Jan. 9, all from 5:00 to 6:00 p.m. The fee is \$80 for 8 weeks.

Gymnastics & Tumbling: These classes are ideal for both the beginner and advanced students. The focus will be on floor skills (balance moves, cartwheels, rolls, handsprings, etc) as well as balance beam and some bar work. Each student will be assessed and pushed to perfect existing skills as well as learn newer, more advanced moves. Tiny Tumblers ages 3-5 on Wed. Jan. 4 from 3:15 to 4:00 p.m. and Open Gymnastics ages 6 and up on Thurs. Jan. 5 from 3:15 to 4:14. The fees are \$80 for 8 weeks.

K-1 Basketball: This program is instructional only. Concentration is on dribbling, passing and shooting along with small-sided games that are developed each week. Each child will receive a t-shirt. The program is co-ed for grades K & 1. You must be a Portland Resident. The program is held Saturdays starting Jan. 7 at Gildersleeve School. Grade K-1 fee is \$35. Kindergarten runs 8:00 to 8:45 a.m. and First Grade runs 9:00 to 9:45 a.m.

Instructional Grade 2 Basketball: This program is instructional. Concentration is on dribbling, passing and shooting along with a progression into 3v3 games. Each

child will receive a t-shirt. The program is not co-ed and you must be a Portland resident. The program is held on Saturdays starting Jan. 7 at Gildersleeve School. The boys 2nd grade plays from 10:00 to 10:45 a.m. and the girls from 11:00 to 11:45 a.m. the fee for 2nd graders is \$40.

Men's drop in basketball!

Looking for the opportunity to shoot some hoops and brush up on your game? Here's a chance to participate in free play basketball games. Portland residents only please.

Under 30 Men's Drop in Basketball: Running through April 3rd, Mondays 7:30 to 9:00p.m. at PMS and **Over 30 Men's Drop in Basketball:** running through April 4th from 7:30 to 9:00 p.m. sharp.

Adult Co-ed Volleyball

Participate in this fun, drop-in volleyball program. Bring your friends and join the fun! Sneakers must be worn. This program is free. Must be 18 and Older.

The dates run through April 5th at Gildersleeve School gym the following time:

Competitive Recreation

Time: 5:00 – 6:30 pm

Non – Competitive Recreation

Time: 6:30 – 8:00 pm