

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

News for the week of February 20, 2017

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. If you are not already registered for the 10 week session, you may drop in for \$6.00 per class. Class is now held on Wed. at 9:30 a.m. and Saturday at 11:00 a.m. at the Buck Foreman Comm. Ctr. Your instructor is Ken Zaborowski.

Zumba!

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! If you are not already registered for the 10 week session, you may take a drop in class for \$7.00. Participants under 18 must be accompanied by a registered adult. Your instructor is Valerie Swiantek. Class is held Wednesdays at Valley View School gym from 6:15 to 7:15 p.m. Please enter through the side door.

Jr. Golf Workshop Winter Session Session II: This workshop is designed to acquaint participants with the game of golf. The daily schedule includes demonstrations, learning the rules of golf, golf skills, techniques & learning the short game (putting and chipping) and golf etiquette. If you have clubs please bring them. Lessons will be held Mondays, Feb. 27 to March 20 at Valley View gym. Grade entering K-4 from 5:30 to 6:30 p.m. and Grade entering 5-8 from 6:30 to 7:30 p.m. and Grade entering 5 – 8 from 6:30 to 7:30 p.m. The fee is \$75 per session.

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

Jujitsu for all ages This program runs Saturday, March 4 to April 22 from 11:15 to 12:30 at Inner Circle Studio. The fee is \$80 for 8 weeks.

Cross Training Boot Camp for Men & Women This awesome class runs Saturdays March 4 to April 22 from 7:30 to 8:30 a.m. or Mon. through Fri. starting March 9 to April 29 you may drop in anytime between 6:00 and 9:00 a.m. for a workout- approximately 30 to 45 minutes. The fee is \$84 for 12 weeks.

Hoop Fitness with Cori This exciting class with America's Fit Mrs. Begins Tue. March 7 to April 25 from 7:00 to 8:00 p.m. at Inner Circle. The fee is \$80 for 8 weeks.

Kangoo Jumps Fitness This explosive challenging fun class is held Sundays March 12 to April 30 from 10:00 to 11:00 a.m. The fee is \$80 for 8 weeks.

Little Ninga Karate for ages 3 to 5 begins Mon. March 6 to April 24 from 3:30 to 4:15 p.m. or Tuesdays March 7 to April 25 from 3:15 to 4:00 p.m. Class is held at Inner Circle Studio with a fee of \$80 for 8 weeks.

Karate for Kids ages 7+ is held Mon. March 6, Wed. March 8 and Fri. March 10 all from 5:00 to 6:00 p.m. and Saturday March 11 from 10:00 to 11:00 a.m. The class is held at Inner Circle Studio with a fee of \$90 for 8 weeks.

Gymnastics & Tumbling Class for age 6+ is held Thursday, March 9 to April 27 from 3:15 to 4:15 p.m. at Inner Circle Studio. The fee is \$80 for 8 weeks.

The Basics of Wrestling This exciting fun program for 8 to 12 year olds is held on Sundays, March 12 to April 30 from 5:30 to 6:30 p.m. at Inner Circle Studio. The fee is \$80 for 8 weeks.