

Winter 2017

Cromwell Recreation & Youth Services



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Visit us online:

www.cromwellct.com/recreation

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Let it

SNOW



Letter from the Director

Happy New Year! 2017 promises to be an exciting year for our Department. We hope you are enjoying our newly designed brochure. Our next one is scheduled to come out in the middle of March to help you plan your spring/summer activities better.

We are in the process of adding a new online system so you can register for programs at your convenience from any computer, tablet or smartphone. We are also opening up the line of communication, so please sign up for our E-subscribe system from the Town's home page under citizen action center, click E-subscribe and check the recreation box to receive updates and cancellations. You can also like us on our new Facebook page and visit our Web site www.cromwellct.com/recreation.

Please be sure to read our newly updated policies and procedures below this letter. As always, we welcome your feedback and ideas for new programs.

Sincerely,
Chris S. Rusack
Director

Policies and Procedures

Mission:

The department is charged with providing a variety of leisure time activities for the residents of town. These activities are for all ages ranging from pre-schoolers through adults; programs include sports leagues, instructional sports, fitness, toddler activities, music introduction, arts and crafts, special events, summer concerts and many other classes.

Compliance with the Americans with Disabilities Act (ADA)

We strive to accommodate all participants in all of our programs. If you require special services in order for you to participate, please include this on your registration form, and give us a minimum of 20 business days advanced notice prior to the program.

Contact Us

Cromwell Recreation & Youth Services

Cromwell Town Hall
41 West Street
Cromwell, CT 06416
Phone: 860-632-3467
Fax: 860-632-3435
Web site: www.cromwellct.com/recreation

Recreation Staff

Chris S. Rusack, Director
crusack@cromwellct.com

Shelby Jones, Recreation Supervisor
sjones@cromwellct.com

Administrative Staff

Kim Bertucio
Deb Fortunato
Sage Hojda
recreation@cromwellct.com

Youth Services Staff

Ann C. Hale, B.S., CDAC, Administrator
ahale@cromwellct.com

Marcia P. Sacco, Program Assistant
msacco@cromwellct.com

Town Organizatoins

Cromwell Lions (youth football)
www.cromwellions.org

Cromwell Little League
www.cromwelllittleleague.com

Cromwell Chill Soccer Club
www.cromwellchill.org

Travel Basketball
Eric Stearns
860-839-0372

**We reserve the right to:
Make changes in price, content,
description, etc. at any time
without notice.**

**For any parks-related maintenance issues please contact
the Public Works Department at 860-632-3420.**

Registration Process

Registration for all programs will begin on January 9 (unless otherwise noted).

Registrations will be processed in the order in which they were received: In person, phone or mail. Full payment is due at time of registration. A receipt will be E-mailed to you or printed at your request. In the event a program is full you will be placed on the wait list and notified.

Photo Policy

By attending or participating in a program, you give us permission to take and publish photos of you. If you do not wish to be photographed, you must include this request in writing.

Non-residents

While we do welcome non-residents to register for our programs (except where noted), Cromwell residents will receive priority in the registration process. An additional non-resident fee may be applicable.

Payment

- Payment may be made by check or cash.
- Mail-in registrations may not include cash.
- All checks should be made payable to: "Town of Cromwell."
- Returned checks are subject to a \$25 service charge.

Financial Assistance

Funding is set aside to assist Cromwell families that require financial help in registering for our programs. For further information and an application, please contact the Youth Services Department 860-632-3473.

Refund Policy

As Cromwell Recreation & Youth Services strives to provide excellent customer service, we make all attempts to provide top-quality programs at reasonable costs. Program costs are based on participation numbers. Refunds can only be given when requested in advance, or when a program's budget allows.

- If a program is cancelled by Cromwell Recreation & Youth Services, a full refund will be given.
- Registration may be cancelled up to 5 business days prior to a program starting date. EXCEPT NO REFUNDS on tickets or trips.
- No refunds will be given once a program has begun, unless a substitute can be found by this department, or there is a medical emergency.
- Absolutely no refunds will be given for any used portion of a program.

- NEW! All refunds are subject to a \$10 processing fee. Anyone registered for our programs multiple sessions (i.e. Summer Camp), the fee would apply to each individual session (7 weeks x 10 = \$70) per child.
- When a program is run by a third party vendor (i.e. Mad Science, etc.) no refunds will be given 5 business days prior to start of the program.
- In the case of leagues, no refunds/credits will be given once teams have been formed, without a physician's note.
- In the case of summer camp, no refunds will be given once a session begins, without a physician's note.
- All refunds will be given back in the form of a check.

Cancellations Due to Weather

If Cromwell Public Schools are cancelled or dismissed early, all Recreation programs will be cancelled. If schools have a delayed opening, programs will continue as scheduled, except for programs starting before 11:00am. Please note: If the B.O.E. cancels their evening activities, all Recreation Programs are cancelled. Please call after 3:00pm for an update.

- For our latest updates and cancellation information please:
- Sign up for our E-subscribe system from the Town's home page www.cromwellct.com under citizen action center, click E-subscribe and check the recreation box
 - Like our new Facebook page
 - Visit our Web Site: www.cromwellct.com/recreation

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Recreation

Pre-K/Kindergarten

TODDLER PLAY GROUP

A free play and socialization program for children up to age 5. Drop in type activity – no registration required come when you can.

Instructor: Marcia Sacco

Dates: January 3–March 2

Day: Tuesday and Thursday

Time: 10:00–11:30am

Location: Town Hall Gym

Fee: No fee

KINDERGARTEN GYM TIME

Each week a different activity or sport will be done with the children under the direction of a staff member from Cromwell Recreation Department. Advanced registration is required to be part of this program. Children must wear sneakers each week.

Instructor: Recreation Staff

Day: Saturday

Dates: January 14–March 4 (No class Feb. 18)

Time: 9:15–10:15am

Location: Woodside Intermediate

Fee: \$15 for session

KRAFTS WITH KIM

A parent/child program for children ages 4 – 6. A different art project each week.

Day: Tuesdays

Dates: Session 1 – Jan. 17–Feb. 14

Session 2 – Feb. 14–Mar. 28

Time: 11:45am–12:30pm

Location: Town Hall Activity Room (near Rec office)

Fee: \$30 per session

Max.: 28 children

Youth

MAGIC / JUGGLING WORKSHOPS

Tom O'Brien will be coming to town to teach children ages 5–10 how to perform magic tricks. Each session will include materials to be brought home. Each session is different tricks. We will have staff at school dismissal time to bring them to class.

Instructor: Tom O'Brien

Dates: Friday, March 17, Thursday, April 6, Wednesday, April 26

Time: 3:30–4:30pm

Location: Edna C. Stevens

Fee: \$20 per class

MAD SCIENCE

Offer hands-on science programs as part of your after-school programming this year! During after-school programs, children engage in exciting hands-on activities, watch spectacular demonstrations, participate in inquiry-based discussions and take home things that they have made themselves like model rockets, periscopes, Mad Science putty,

and more! Our hands-on, one-hour science programs are themed around a particular area of science and include such topics as electricity, magnetism, optics, biology and many more.

Day: Thursdays

Dates: February 23–March 30

Time: 3:30–4:30pm

Location: Edna C. Stevens and Woodside

Fee: \$89 per session

LET'S GOGH ART –

Lions and Tigers and Pigs, oh My!

Animals have been an important subject for artists all over the world since the beginning of time. From ancient caves to the present day these magnificent creatures can be seen in paintings, sculptures, ceramics, mosaic art, fabric design, masks and stained glass. On a wild journey through the animal kingdom, art adventurers discover a multitude of kooky critters – as well as their own creativity – while exploring various techniques, tools, textures and materials. Stained glass giraffes, fabric dogs, ceramic elephants, wooden snakes, glow-in-the-dark jungle animals, and clay lions with fluffy fiber manes. These are just a few of the animals created during our cool and playful art excursions.

Instructor: Let's Gogh Staff

Day: Tuesdays

Dates: February 7–April 4 (no class 2/21)

Time: 3:30–4:30pm

Location: Edna C. Stevens

Fee: \$99 per session

Max.: 24 children

LET'S GOGH ART –

Breaking all the rules: Unusual and surprising art

In this all-new program, specially designed for grades 3–6, we'll look at old techniques from refreshing new angles, and combine materials that don't usually go together to create totally unexpected masterpieces. We'll also take inspiration from famous artists known for bending the rules of art! Design Textured Pendants using printmaking techniques on clay, give landscape art a new twist by painting on Stained Glass Lanterns, and make Light Bulb Hot Air Balloons. Draw Wanted Poster Self-Portraits, craft Metal-Embossed Knights in Shining Armor, and sculpt Clay Bobble Head Animals. Paint colorful Fabric Collage Dinnerware and vibrant Neon Zebras on canvas. Create Mixed Media Roosters based on Picasso's paintings, try M.C. Escher's mind-bending drawing style while designing Tessellation T-shirts, build Magnetic Paper Sculptures inspired by sculptor Frank Stella, and piece together found objects into Assemblage Art like Louise Nevelson.

Instructor: Let's Gogh Staff

Day: Wednesdays

Dates: February 1–March 29 (no class 3/8)

Times: 3:30–4:30pm

Location: Woodside

Fee: \$99 per session

Max.: 14 children

Recreation

KIDS HEALTHY TASTY COOKING COURSE (Ages 8–12)

Participants will receive hands-on instruction in preparing various products as well as learn about the importance of measuring, cooperation skills in the kitchen and the importance of food safety.

- **All around the Dinner Table**

Prepare a homemade dinner from scratch!

On the menu: chicken parmesan sliders, sweet potato fries and S'mores for dessert!

- **Homemade Lasagna**

Prepare homemade lasagna from scratch! Each child will be able to take their prepared lasagna home to bake and will be served lasagna made by our chefs at Stew's. For dessert? Homemade fruit salsa with cinnamon crisps!

- **Bananas for Bananas**

We will focus on the healthy, yet popular ingredient: Bananas! We will prepare homemade banana bread muffins, frozen chocolate dipped bananas, and banana cream pie cookies!

- **Warm Winter Recipes**

Come inside and warm up in Stew Leonard's executive kitchen as we prepare custom grilled cheese with your favorite fix-in's alongside homemade tomato soup. We will finish off with homemade hot chocolate served with Stew's famous chocolate chip cookies.

- **It's Chilly, Let's Make Chili**

Join us on this chilly day as we prepare homemade chili! In addition to this, we will pair our chili with homemade cornbread and mini brownie bites for dessert!

- **Mac and Cheese Mania**

We will prepare the ultimate baked macaroni and cheese with homemade chicken fingers and seasonal vegetables! For dessert we will make homemade Oreo truffles!

Instructor: Stew Leonard's

Days: Wednesdays

Date: February 28–April 4

Time: 5:00–6:30 pm

Location: Stew Leonard's (3475 Berlin Turnpike; Newington)

Fee: \$110 (A \$20 late fee will apply after the register by date)

Register by: February 20

Min.: 6

Max.: 20 children

Family

OPEN GYM FOR FAMILIES

A drop in program for residents of the town to play basketball. Bring your own ball. Children under the age of 15 must be accompanied by an adult over the age of 21. Will limit participants attending if gym gets crowded for safety reasons each night.

Instructor: Recreation Staff

Dates: January 9–March 6

Day: Monday

Time: 7:00–9:00pm

Location: Cromwell Middle School

Fee: \$25 for Individual Recreation ID, \$30 for a family

PAVILION RESERVATIONS

The Department will accept reservations for Cromwell residents, who wish to hold a family picnic at Watrous, Pierson or Frisbee Landing beginning February 1st. Non-residents may not register until after April 1st. Please refer to our Field/Facility use policy on our Web site for forms and fees.

WOLF PACK GAME

On Sunday afternoon, March 5, the Cromwell Recreation Department will be sponsoring a family trip to the XL Center in Hartford to see the Hartford Wolf Pack play against the Portland Pirates. Cost for the tickets will be \$15 per person payable to Cromwell Recreation. Seat sections are between 107-112 lower level. It's Super Hero day – come as your favorite Super Hero!

Drive on your own to Hartford – we will meet you there
Deadline to register for this trip is February 14.

Adult

BASKETBALL FOR AGES 18–30

A drop in program for residents to play basketball – residents only, come dressed to play; teams are formed each night.

Please note: Recreation ID required.

Instructor: Recreation Staff

Day: Tuesdays

Dates: January 3–March 7

Time: 7:00–9:00pm

Location: Cromwell Middle School

Fee: \$25 for Individual Recreation ID

CO-ED VOLLEYBALL

A drop in program for residents over the age of 18 to play volleyball. Come dressed to play teams are formed each night.

Please note: Recreation ID required

Instructor: Recreation Staff

Days: Wednesdays

Dates: January 4–March 1

Time: 7:00–9:00pm

Location: Cromwell Middle School

Fee: \$25 for Individual Recreation ID

OPEN GYM FOR WALKING

The Town Hall Gym will be available Monday–Friday from 7:30–8:30am and 12noon–1:00pm for walking.

YOGA

Learn Kripala Yoga from a certified instructor – Movements, Breathing techniques, meditation and relaxation – need to bring yoga mat with you.

Instructor: Lina Soma

Day: Tuesdays

Dates: Session 1 – January 3–February 7

Session 2 – February 21–March 28

Times: 7:30–8:30pm

Location: Town Hall Arch Room (enter and exit through the Town Hall not the library)

Fee: \$42 per session

Recreation

Pickleball

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. New players are welcome! Equipment provided.

Instructor: Recreation Staff

Dates: February 2–March 9

Day: Thursdays

Time: 7:00–9:00pm

Location: Town Hall Gym

Fee: \$50 per person

Special Needs

Camp Sunrise Special Needs Camp (Special Needs Children ages 3–21)

A special needs camp that provides opportunities for achievement in a supportive environment. Open to residents of Cromwell, Glastonbury, Newington, Rocky Hill and Wethersfield. Camp runs from the end of June to the beginning of August (seven 1-week sessions), Monday-Friday, 9:00am–3:00pm at the Smith Middle School. Special registration procedures are required – applications available at your local Parks and Recreation office or online at www.glastonbury-ct.gov. For specific questions, please call Glastonbury Parks and Recreation at 860-652-7679.

WE ARE CURRENTLY SEEKING

instructors to start new programs.
Please contact the Recreation Department
if you have an idea.

FOR OUR LATEST UPDATES AND CANCELLATION INFORMATION PLEASE:

Sign up for our E-subscribe system from the Town's home page www.cromwellct.com under citizen action center, click E-subscribe and check the recreation box.

**"OOPS! Despite our best efforts,
errors sometimes make it into print.
We apologize for any inconvenience
these errors may cause."**

Youth Services

To Register

All students need to pre-register for these programs with checks payable to:

Cromwell Youth Services

Mail to Cromwell Youth Services

Attention: Ann Hale @ Town Hall,

41 West Street, Cromwell, CT 06416

860-632-3448

email: ahale@cromwellct.com

*Spaces are limited...please respond as soon as possible to secure a space for your youth.

Fee due at time of registration, please.

*Financial assistance available for program participation to those qualified.

Cromwell Youth Services is committed to the development of a coordinated system of services and programs for youth and their families in the Town of Cromwell. These offerings foster positive youth development, assist in social and emotional growth and strive to prevent substance abuse and anti-social behavior. Youth Services provides educational and positive youth development programs, which support and promote healthy children, youth, parents and families.

PARENT/TODDLER INTERACTION PLAYGROUP

Dates: January 23, January 30

February 6, February 13, February 27

March 6, March 13, March 20

Day: Mondays

Time: Drop-in

Location: Activity Room, Town Hall

Fee: Free

CROCHETING & KNITTING

Boys and Girls learn to Crochet and Knit.

Instructor: Karen Koshinsky, Ann Hale, & Marie Kluza

Dates: 1/23; 1/30; 2/6; 2/13; 2/27; 3/6; 3/13; 3/20/17

Day: Mondays

Time: 3:15–4:45pm

Location: W.I.S Dock & Dine' Room

Fee: \$35

Max.: 10

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Youth Services

KIN CARE

Instructor: Ann Hale
Dates: January 12, February 9, March 9, April 13, May 11, June 8
Day: Second Thursday monthly
Time: 12:00noon–1:30pm
Location: Activity Room @ Town Hall
Fee: Free

INTERNET SAFETY CONCEPTS

A resource to help people empower themselves to make smart online choices. designed to heighten the students awareness of potential dangers while still focusing on the positive aspects of technology.
Instructor: Scott Driscoll, Law Enforcement Officer, Educator and Parent
Dates: March 3
Day: Friday
Time: Assembly during school day, time to be announced
Location: CMS
Fee: Free

BABYSITTER SAFETY TRAINING

Weeklong Summer Session – Topics covered include responsibilities, safety 911 response, smoke and fire, nutrition, first aid and child care. C.P.R. introduction provided by Cromwell Fire Dept. E.M.S.
Instructor: Supervised by Marcia Sacco
Dates, time and location: TBD
Fee: \$40
Max.: 15

PARENT/CHILD SUMMER BASKET WEAVING CLASS

Instructor: TBD
Dates, time & location: TBD
Fee: \$15
Max.: 12



Resources

CAMPERSHIPS:

Youth Services, working with the Salvation Army and Middlesex YMCA has provided camp memberships, for some of Cromwell's children who otherwise could not attend camp.

H.O.Y. (Hire Our Youth)

An Employer/Employee Opportunity referral service. Contact Cromwell Youth Services for more information – 860-632-3448.

ADVOCACY

Provides support for young people and their families in matters such as court proceedings, PPT's, family issues, employment, and family contracts.

CRISIS INTERVENTION

When things go wrong for young people or their parents, there is a place to turn to for referrals. Administrator is available for child advocacy and networking with outside community resources.

SRT (Service Review Team)

Our mission of the SRT is to bring together families and providers to develop a focused action plan. We work with families to identify services in their community that will promote emotional wellness. To assist families with children struggling with emotional or behavioral issues in gaining access to community services or supports. Referrals can be made by families, schools, community members, or providers. SRT process is free service, completely confidential and open to families in Cromwell. Contact Ann Hale, 860-632-3448. SRT meets 2nd Thursday of the month with two time slots (9:00 and 10:30am).

FAMILY WITH SERVICE NEEDS (FWSN) CHS & CMS

meets once a month with the Juvenile Court, School Counselors and Guidance, Youth Services, to help avoid referrals to Court. Come up with a plan to help youth meet requirements. (No fee)

**For additional information,
please refer to our website
www.cromwellct.com –
click on Town Departments –
click on Youth Services.**

Program Registration Form

Please print clearly. This form may be duplicated or printed from the web site (www.cromwellct.com).

Last Name		Adult First Name	
Home Phone		Cell/Work Phone	
Address		Email	
City		State	Zip

Participant	Birth Date <small>(if under 18)</small>	Grade <small>(If appl.)</small>	Sex	Program Name	Session/ Dates	Program Cost	Office Use Only

If you would like to donate to our program scholarship fund (allows participants to attend programs/camp with financial hardships), please check the box and indicate the amount \$ _____. Please add the dollar amount to your registration total.

When registering for Fall Soccer, please list child's Grade for next fall.

Emergency Contact Information

Name _____ Phone _____

Medical Information/Special Needs

If program lasts longer than one hour, without parental supervision, you must complete the expanded medical form for each participant. Otherwise, please describe here any special circumstances program supervisors should be aware of (e.g. allergies, medications, etc.), or special accommodations you require in order to participate: _____

Liability Release Form

I am aware of the nature of this activity and I hereby assume responsibility for myself and/or my child (above), and/or his or her representatives to participate. I will not hold the Town of Cromwell, the Department of Recreation & Youth Services, and/or its employees or agents responsible in case, of any accident or injury as a result of this participation. I hereby further agree to indemnify and save harmless the Town of Cromwell, a municipal corporation of the State of Connecticut, from and against any and all loss, damage, claim, demand, liability or expense by reason of any damage or injury to property or person which may be claimed to have arisen as a result of or in connection with participation in this Recreation & Youth Services activity.

Parent/Participant Signature _____ Date _____

Payment Information - No registration will be completed or held without total payment and all information.

- Check Enclosed - Check #: _____ All Checks must be made payable to: **"Town of Cromwell"**
- Cash (do not enclose in mail-in registration)

Return this completed form to: Cromwell Recreation & Youth Services, 41 West Street – Town Hall, Cromwell, CT 06416 or fax to: 860-632-3435.

MEDICAL INFORMATION

Please list any medical problems; i.e. diabetes, asthma, epilepsy, allergies, medical allergies, and any other information you feel would be helpful to our staff to enable them to better serve you and your child: _____

Please list any medication:

Please list any special needs, i.e. attention deficit, hearing or visual impairment, hyperactivity:

PARENTAL PERMISSION

In the event of an emergency during which we cannot be reached we hereby give permission to the bearer of this form to allow any doctor or medical facility to administer an anesthetic and perform emergency procedures as may be necessary for our child_____.

I will not hold the officials or agents thereof, financially responsible for whatever emergency care may be provided.

Physician's Name:_____ Phone:_____

Hospital Preference:_____ We understand and

agree that the Cromwell Recreation & Youth Services Department reserves the right to suspend a child from a Recreation & Youth Services sponsored activity if that child displays a serious behavior problem that cannot be effectively managed by the program personnel.

Parent/Participant Signature

Date

MEDICAL INFORMATION

Please list any medical problems; i.e. diabetes, asthma, epilepsy, allergies, medical allergies, and any other information you feel would be helpful to our staff to enable them to better serve you and your child:_____

Please list any medication:

Please list any special needs, i.e. attention deficit, hearing or visual impairment, hyperactivity:

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Physician's Name:_____ Phone:_____

Hospital Preference:_____

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Parent/Participant Signature

Date