



New Hartford Recreation SPRING / SUMMER 2017 Summer Camp Edition



The Race Around the Lake! See **Around Town** on pages 2 and 3.



Learn about Brodie lifeguards and more **Waterfront Information and Programs**, starting on page 16.



Where are all the campers? Turn to page 8 for **Camp Brodie 2017**. Registration forms follow the camp section.

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A fox picks up karate tips on the beach. For more **Recreation Programs**, most without foxes, please turn to page 5. Registration form follows.

Around Town

PASTA SUPPER To Benefit NEIGHBOR 2 NEIGHBOR

A non-profit community-supported group providing limited emergency financial support to eligible residents of the New Hartford community.

May 20, 2017

North Congregational Church

17 Church St. North, New Hartford
(The church behind the post office, downtown)

Seatings at 5 & 6:30 pm

To-go orders are also available
Please call (860) 379-2466

Adults: \$10 • Children (6-12): \$5

Children 5 & under eat free

Family of Four: \$25

Includes pasta with sauce, meatballs, salad, roll,
water, tea and coffee.

There will be a bake sale and desserts for purchase.



15th Annual Race Around the Lake



Sunday, May 28, 2017

Berkshire Hall, Brodie Park

580 West Hill Rd., New Hartford

Registration: 8:30 am

Race starts at 10 am

Join us at the park to walk, run,
cheer or volunteer for this 3.5-mile family fun
run/walk around West Hill Lake at Brodie Park!

This beautiful scenic race begins and ends at
Brodie Park. Run or walk down West Hill Road,
through Camp Workcoeman, past the public boat
launch, and back up Niles Road to the playground.

Prizes awarded in each division.

For more information and registration details:
friendsofbrodie.org

DAVID CHILDS MEMORIAL FISHING DERBY



**SATURDAY & SUNDAY
MEMORIAL DAY WEEKEND**

860-379-3389

www.town.new-hartford.ct.us/recreation-department

Begins Saturday, May 27, 2017 at 7 am

Runs through Sunday, May 28 at 3 pm

**Farmington River, between the Rt. 219 bridge
and Satan's Kingdom**

**Weigh ins: Upcountry Sportfishing Saturday by
5 pm, Sunday by 3 pm**

**Adults \$10 • Youth (12 and under) \$3 • Family
Maximum \$15**

**10 tagged fish will be stocked in the
river. Anyone catching a tagged fish will win
\$100! \$1,000 awarded at random to one of the
lucky catchers of a tagged fish.**

**Award Ceremony 3:30 pm at the Downtown
Pavilion (behind Town Hall)**

Prizes for largest trout:

1st Place: \$500

2nd Place: \$250

3rd Place: \$150

4th Place: \$100

**Prizes in the youth category will be awarded
and will include rod/reel combos, tackle boxes
and tackle.**

Preregister:

town.new-hartford.ct.us/recreation-department
or at the New Hartford Town Hall or Upcountry
Sportfishing

**Day-of registration: 6 am at Upcountry
Sportfishing**

Around Town

Lions Club Flea Markets

at Brodie Park

Saturday, June 3

Saturday, September 23

8 am–3 pm

\$2 admission

\$5 admission for early birds—
gates open at 6:30 am

For more information,
www.newhartfordctlions.org



Reminder:

**Dog License Renewals
are due by June 30th.**

Litchfield Hills Olympic Triathlon

The Litchfield Hills Olympic Triathlon will be returning to New Hartford on **Sunday, July 16, 2017**. The triathlon features a 1.5K swim in a crystal-clear lake, stunning mountain vistas along the 40K bike course, and scenic, rural back roads during the 10K run. The Aqua/Bike event will run simultaneously with the triathlon on the same swim & bike course. The duathlon starts with a 4.5K run and then joins the triathlon's bike course and finishes with a 10K run. hartfordmarathon.com/litchfield-hills-olympic-triathlon-duathlon/

Remember, this event is bigger than just New Hartford. Now is our opportunity to show visitors from all over the East Coast our hospitality and enthusiasm. If you're not running, swimming, or biking, find a spot along the route, set up your chairs and cooler, and cheer everyone on!



The New Hartford Riverview Market will begin this summer, **Thursdays during July and August, from 4–7 pm**. This market will be held in New Hartford Center, behind Town Hall, near the newly constructed pavilion, and will offer fresh produce, goods and wares from local farmers, artists and craftspeople.

Participating local vendors include **Barden Farm, MarWin Farm, Howling Flats Farm, Gresczyk Farms**, and **Better Baking By Beth**. A variety of

jewelry makers and artists will be highlighted each week.

Community Yoga will be offered by Melanie Sedlack each week from 6–7 pm (except 7/13 & 7/27). Stop by, and learn to let your body and inner peace flow like the river beside you! Call Melanie at (860) 806-9072 with specific yoga questions.

Food demonstrations, crafts for kids and live music will run each week for your enjoyment.

While you're downtown, local shops and restaurants will be offering specials each week. Stop by the recreation table for more information about the weekly specials.

Riverview Market Music Schedule:

July 6Anne DeMichiel

Jul 13John Macbeth

July 20*to be announced*

July 27The Regulators

August 3 ..Anne DeMichiel

August 10The Tradesmen

August 17Durt Burds

August 24Caribbean Vibe

August 31John Macbeth



Watch bakervillelibrary.org for the **Bakerville Library's** second annual **New Hartford Yard and Garden Tour** (on a Saturday in July), and **Community Pig Roast** (on a Saturday evening in August).

And join us for **ping pong**, every Thursday night from 7–9 pm, at the Bakerville Library Annex (right next door). All ages, all abilities welcome. Bring your own paddle, or use ours. It's free!

44th Annual New Hartford Day Sunday, September 17 Brodie Park • 10 am – 4 pm

New Hartford Day is a great opportunity to find out what is going on in New Hartford, meet with neighbors and friends, and enjoy a good old-fashioned country fair. See you there!

New Hartford Senior Programs

These programs and activities are specially designed for ages 55+. For additional information or to reserve your spot in our senior programs, call Senior Director Jean Barnicoat at 860-379-3980

Prepayment is required when signing up for a senior center event.

Senior Fitness

Instructor: Robyn Centrella

Come spend an hour empowering yourself with Robyn Centrella, certified instructor and senior fitness specialist. Begin with gentle warmups, followed by resistance and balance training that improves posture and coordination. Work to correct chronic weaknesses in the back, knees, hips & shoulders. Your reward will be a relaxed and balanced body. All exercises are modified based on each individual's abilities. Ages 55+.

Ongoing.

<i>Days</i>	<i>Time</i>	<i>Place</i>	<i>Fee</i>
Mondays, Wednesdays	9-10 am	Town Hall Senior Center	\$3/class

Senior Fitness

Instructor: Wendy Larson

A fun, casual approach to fitness with Wendy Larson. All abilities are welcome. Free weights, resistance bands, and fitness balls are used to help focus on proper form and symmetry. This class is for seniors only (ages 55+). All classes are drop-in only and the first class is free!

Ongoing.

<i>Days</i>	<i>Time</i>	<i>Place</i>	<i>Fee</i>
Tuesdays, Thursdays	10:45- 11:45 am	Town Hall Senior Center	\$3/class

Soft Stretch – Mat Stretch

Instructor: Robyn Centrella

Robyn Centrella leads this class as it begins with gentle warmups, followed by gentle stretching exercises set to slow, relaxing music that help improve physical and mental well being. All exercises are modified based on each individual's abilities. Ages 18+.

Ongoing.

<i>Days</i>	<i>Time</i>	<i>Place</i>	<i>Fee</i>
Wednesdays	10-11 am	Town Hall Senior Center	\$2/class, \$5 non-seniors

Yoga

Instructor: Wendy Larson

Yoga is good for the mind, body and soul. Be led in gentle stretches and meditation appropriate for seniors with Wendy Larson. No previous yoga experience necessary. Please bring your own mat. Ages 55+.

Ongoing.

<i>Days</i>	<i>Time</i>	<i>Place</i>	<i>Fee</i>
Fridays	11 am –noon	Town Hall Senior Center	\$7/class

SAVE THE DATES:

Monday–Wednesday, May 8–10: Atlantic City and Philadelphia (\$344) includes a Paddlewheeler luncheon cruise on Day Three.

Thursday, May 11, 1 pm: Janice Dompke, a.k.a. “Patsy Cline,” returns to celebrate Mother’s Day and the two-year anniversary of the Community Cafe. (\$5 goodwill donation would be appreciated).

Friday, May 12: Free concert presented by the **Traveler’s Chorale at the Bushnell Theater** in Hartford. Sign up to take a free bus to the concert. Bus will leave from Town Hall at 6 pm for a 7:30 pm show at the Bushnell. It is a free concert, but they ask that everyone bring a non-perishable food item for distribution to local food banks.

Wednesday, June 7: “Mamma Mia” at the Westchester Broadway Theater (\$104).

Tuesday, July 11: Lobster and Comedy Show at The Delaney House in Holyoke, MA (\$99). Leave Simsbury at 10:15 am, return to Simsbury at 4:30 pm.

Tuesday, August 1: Best of Boston (\$83) includes a visit to the JFK library and a Boston Harbor Cruise. Leave Simsbury at 8 am, return to Simsbury at 7 pm.

Thursday, September 28: Green Mountain Flyer Railroad in Chester, Vermont, with a stop at Yankee Candle and lunch at The Whately Inn (Whately MA) on the way (\$98 per person). Leave Simsbury at 9:15 am, return to Simsbury at 7:30 pm.

October 2–5: A trip to **Ocean City, Maryland** (staying at the luxurious Dunes Manor) includes a day trip to see the wild ponies of Assateague Island and the Ward Museum of Wildfowl Art (\$609 per person).

November 4–5: Franklin Institute in Philadelphia for the “Terracotta Warriors” exhibit (\$319 per person, double occupancy).

If you know of anyone who might like a complimentary newsletter sent to them, have them call or send an email and I’ll be delighted to send one out.

—Jean Barnicoat, 860-379-3980 

Recreation Programs

Adult

Ballroom Dancing

Instructor: Lisa Spiro

Learn to twirl your way around the dance floor. No partner? No problem! We rotate partners so that no one gets left out. Classes are ongoing, 45 minutes long, with a 15-minute practice immediately afterwards. New students are welcomed & the goal is to get you out on the dance floor having fun. Each week, steps are repeat, repeat, repeat, until you get it. The intermediate class steps are a little harder & the focus is on good technique. Each month features a different style dance. Call Lisa @ 860-655-5731 to schedule the best start date or for more details. Ages 16+.

Ongoing.

Days	Time	Place	Fee
Tuesdays	Beginner: 7-8 pm Intermediate: 8-9 pm	Berkshire Hall	\$10/week

Line Dancing

Instructor: Sharon Haggart

Line dancing is a fun way to get a great cardio workout! Exercise your body and keep your mind actively thinking about the dance and your steps as you move and dance to lively, upbeat music. Line dancing is a fun way to dance socially with or without a dance partner. Sharon Haggart is a dedicated professional who has the ability to break down the patterns

of the dance, making them easy to understand and follow along. The beginner class is for dancers who are brand new to line dancing or have little to no experience. It's a fun, energetic class that will break each step down slowly, and build your knowledge so you can put it all together! Wear comfortable shoes—no flip flops or open backs. Ages 16+.

Ongoing through May 30.

Days	Time	Place	Fee
Mondays	Beginner: 6-7 pm Intermediate: 7-8 pm	Berkshire Hall	\$5/week

Preventative Pilates

Instructor: Robyn Centrella

Come spend an hour empowering yourself each Tuesday and Friday with Robyn Centrella, certified instructor and senior fitness specialist. Begin with a gentle standing warmup, followed by resistance and balance training that improves posture and coordination. Mat work will correct chronic weaknesses in the back, knees, hips and shoulders. Your reward will be a relaxed and balanced body. Weights and balls supplied; please bring your own cushioned mat and hand towel. Ages 18+.

Ongoing.

Days	Time	Place	Fee
Tuesdays and Fridays	9-10 am	Town Hall Senior Center	\$6/class

Recreation Programs continued on next page

NEW HARTFORD SENIOR CENTER

The New Hartford Senior Center focuses on our 55+ population and is located on the 3rd floor of the New Hartford Town Hall. Every month the center offers a new opportunity for something fun and educational, and is a wonderful way to find support and build a new community of friendships as we transition into a new stage of our lives. There are daily exercise classes and a weekly coffee hour, as well as groups for needlecrafts, Scrabble and cards. Monthly activities may include bingo, movies, live entertainment, shopping trips & other outings, as well as workshops on a variety of topics.

Information can be obtained by calling or emailing Jean Barnicoat, Senior Director, 860-379-3980, nhseniors@town.new-hartford.ct.us. Jean not only organizes events and functions, but she is also the Municipal Agent for the Elderly. If you have any questions regarding services available for the elderly or know of someone who may need services (but they won't call themselves), Jean may be able to offer some guidance.

Community Café

The Community Café is now open every Wednesday and Thursday at the New Hartford Senior Center. Hot lunch is served for a \$4 suggested donation for folks 60+ and \$5.50 for those under 60. Reservations MUST be made by noon the day prior to attending but may be made in advance for future lunches.

Call 860-379-3980 to reserve your spot or ask about the menu.

Senior Summer Picnic

The Senior Center is hosting its annual summer picnic at Brodie on Wednesday, July 19. Have a meal with friends and enjoy music by Magic Moments. Sing along, dance—it's up to you, but it's always an evening to remember! For more information, call Jean at (860) 379-3980.

Adult Sports

Golf at Burlington Golf Center

Instructor: Chet Dunlop

Burlington Golf Center, Home of New England School of Golf is collaborating with New Hartford Recreation to offer golf lessons at great prices. There are 2 options: *Get Golf Ready* is for beginners, and *Get Golf Ready II* will help you refine your skills. All classes will be held at the Burlington Golf Center, 522 Spielman Hwy., Burlington.

Get Golf Ready

New golfers are invited to become familiar with a great game that is fun to play. Award-winning PGA Pro Chet Dunlop will help you discover how to access the joy that the game of golf offers to every player who wishes to play. All you need to bring is a desire to take pleasure in your own natural ability while exploring a game that anyone can play, and everyone can play better.

Get Golf Ready II

This class is designed to integrate the proper fundamentals into your existing golf swing in order to create consistency in your game. Whether you've played golf for thirty years or just a season or two, this program will give you everything you need to find enjoyment on the course. Classes are taught by nationally recognized PGA Pro, Chet Dunlop. Ages 15+.

Get Golf Ready:

Jun 1, 8, 15 (Thursdays)

Aug 2, 9, 16 (Wednesdays)

Get Golf Ready II:

May 3, 10, 17 (Wednesdays)

July 6, 13, 20 (Thursdays)

Sept 1, 8, 15 (Fridays)

Days	Time	Place	Fee
See above	6–7:45 pm	Burlington Golf Center, 522 Spielman Hwy, Burlington	\$80

Volleyball

Instructor: NHR

Adult drop-in volleyball runs most Wednesdays in the gym at Antolini School. Come join the fun and keep active by doing something you love! No special equipment or previous experience necessary. When school is not in session, or there is a special school function, there is no volleyball. During the summer months, volleyball happens at Brodie on Wednesday nights during the summer concerts, 6:30–8:30 pm (or dusk). Email ctellier@town.new-hartford.ct.us to get on the volleyball email list so you know when we play! Older teens (ages 16+) are welcome to join the group. Ages 16+.

Ongoing.

Days	Time	Place	Fee
Wednesdays	7–9 pm	Antolini School	Free

Youth

Golf Camp at Burlington Golf Center

Instructor: Chet Dunlop

Golf is called the game of a lifetime because many valuable lessons learned in the exploration of the game will remain with your junior long after they leave the course. Youngsters discover how to make decisions by thinking of the possible consequences, how to define & set goals, and the importance of maintaining a positive attitude. Other important skills include sportsmanship, integrity, confidence, & perseverance. Focus will be first and foremost on the enjoyment of the game and sportsmanship. Equipment will be provided at no extra charge. Be sure to bring a water bottle & wear sunscreen.

Junior Golf Camp

Junior Golf Camp is a five-hour series directed by Chet Dunlop, Connecticut PGA Teacher of the Year and director of New England School of Golf. Fundamentals of the full swing, the short game, and putting will be presented so that each student can progress at their own pace. This class is for both new and experienced juniors between the ages of 8 and 14.

Junior Junior Golf Camp

The New England School of Golf is pleased to offer this camp for our littlest golfers, ages 5–7. This is your chance to introduce your child to the game of a lifetime. Junior Junior Golf camp is a week-long series directed by Chet Dunlop, Connecticut PGA teacher of the year, in which he utilizes your child's sense of curiosity and fun to expand their natural abilities. This five-hour class is for children who are new to the game as well as those who have experience. Ages 5–7.

Junior Junior Golf Camp: July 18–21.

Junior Golf Camp: July 25–28.

Day	Time	Place	Fee
Tues.–Fri.	10–11:15 am	Burlington Golf Center, 522 Spielman Hwy, Burlington	\$70

Family

Mushin-Do Karate

Instructor: New Hartford Karate Club

This is a Mushin-Do style Karate class, which employs special calisthenics designed for building strength & maximizing flexibility as an inherent part of the learning process. For more information on how to join, contact Glenn or Robin Ryan at 860-626-0477. Held at the Antolini School while school is in session and at Brodie Park during the summer months.

Ongoing.

Day	Time	Place	Fee
Mondays	Beginner: 7–8 pm Intermediate: 8–9 pm	Sept.–June: Antolini June–Aug.: Brodie Park	\$3/individual \$5/family

New Hartford Recreation Spring/Summer 2017 Program Registration

This form is not for summer camp registration (please see page 12) or swim lessons (please see page 17 for more information).

Or save time—online registration is quick and easy!

Create an account or login at town.new-hartford.ct.us/recreation-department, register and then just mail a check!

New Hartford Recreation • PO Box 316 • New Hartford, CT 06057

Participant Name _____

Street Address _____

City/State/Zip _____

Cell _____ Home _____ Work _____

Email _____ If Under 18, Age: _____ Current Grade _____

Emergency Contact

Name _____ Relationship _____

Cell _____ Home _____ Work _____

Program	Fee	Date	Time	Place

TOTAL of all fees (amount enclosed) \$ _____ **Check #** _____

RELEASE:

I understand there are inherent risks involved with my voluntary participation in recreational activities, programs and/or sports including the risk of serious physical injury or death. I fully assume all risks associated with my participation, even if due to the negligence of the Town of New Hartford / New Hartford Recreation Department / New Hartford Seniors and their agents, servants or employees, including, but not limited to: lack of specific directions regarding certain exercises and / or movements, lack of proper techniques for any exercise, lack of proper warm up techniques and the lack of warnings associated with the potential for injuries suffered as a result of participating in this event. I, for myself and for my heirs, assignees, successors, executors, administrators, and legal representatives, agree to defend, indemnify and hold harmless, the Town of New Hartford / New Hartford Recreation Department / New Hartford Seniors and their agents, servants or employees from any and all claims, suits or demands by anyone arising from my voluntary participation in this program. I also acknowledge that medical payments for injuries is not offered through the Town of New Hartford's insurance provider and any expenses related to any injuries incurred are the responsibility of the participant. I have read this waiver, hold harmless agreement and release of liability and fully understand its terms. I further understand that by signing this agreement that I am giving up substantial legal rights. I have not been induced to sign this agreement by any promise of representation, and sign it voluntarily and of my own free will.

CONSENT OF PARENT OR GUARDIAN (for participants under the age of 18)

This is to certify that if I am registering a participant who is under the age of 18, I am a parent or guardian with legal responsibility for this participant. I do hereby consent and agree to his or her release as set forth above, and for myself, my heirs, assigns, successors, executors, administrators, and legal representatives, agree to defend, indemnify and hold harmless, the Town of New Hartford / New Hartford Recreation Department / New Hartford Seniors from any and all claims, suits or demands by anyone arising from said participant's voluntary participation, including claims of negligence on the part of the Town of New Hartford / New Hartford Recreation Department / New Hartford Seniors and their agents, servants or employees. In the event of an emergency, if family cannot be reached, I authorize the Emergency Personnel to attend to, transport and treat my child. I fully acknowledge that all claims and expenses for any injury that may arise as a result of participating in this voluntary program are not the responsibility of the Town but are the responsibility of the participant.

Signature _____ Date _____

Parent Signature (if under 18): _____

Camp Brodie 2017

Camp Brodie offers a fun-filled traditional summer camp option for children ages 3–12. Our campers become part of a dynamic camp family where they can explore nature and their artistic and athletic abilities, interact with friends they know, as well as make new friends, all while escaping the ever-growing technology age and rediscovering their inner child. Each week there are different themes to keep camp fun and interactive, as well as field trips and special guests to experience. For campers looking for something a little more specialized, a specialty camp may be what you are looking for to enhance your child's summer experience or interests.

Regular Camp Brodie

Traditional Camp Brodie is our traditional camp program designed for children ages 5–12 and entering kindergarten–6th grade in the fall. Campers will participate in a variety of activities—art, field games, court games, hikes, canoeing, beach time, cooking, scavenger hunts, obstacle courses, lifeguard/beach games, minute-to-win-it contests, and more!

Sample Schedule

Morning Activities Sample Schedule

8:45–9Arrival
9–9:30Welcoming Activity
9:30–10:15Art
10:15–10:30Snack
10:30–11:15Court Time
11:15–12Elective
12–12:30Lunch

Afternoon Activities Sample Schedule

12:30–1:15Nature Hike
1:15–2Cooking
2–2:15Snack
2:15–3Beach
3–3:45Field Games
3:45–4Dismissal

Tiny Tot Adventures

Tiny Tot Adventures invite our youngest campers to join the Camp Brodie family from 9 am–12 pm. This program is for children who are three as of 12/31/2016. Exceptions for age will not be made. Pick up time is noon for any child not entering kindergarten in the fall.

Brodie Youth Enrichment

This program is for teens ages 13+ and/or entering 7th grade in the fall. Get your teens out of the house, into nature and away from their “screens.” We will find a balance between performing community service and having fun this summer! We will have some guided community projects to work on, but will look for input from the Team as well to better focus on areas of interest. Each day, participants will be given options of available activities. Those who show aptitude, desire and a passion for working with younger children will be given an opportunity to work as a Counselor Assistant for all or part of each day.

Service days may include:

- Counselor Assistant (previously the CIT program)
- Brodie clean up / improvements
- Running a food drive
- Brown's Corner Mural Project
- Gratitude Wall

Fun days may include:

- Hiking
- Canoeing
- Flight Trampoline
- Pursue the Clues (Escape Room)
- Yardgoats
- Lake Compounce

Contact the Recreation Office for more details and a schedule of dates.

Resident: \$45 per week / Non-resident: \$60 per week

Please note: The CIT program is being integrated into the Brodie Youth Enrichment program.

Camp Brodie Times & Prices

	Resident	Non-Resident
Ages 5–12		
Regular Camp (9 am–4 pm)	\$185	\$220
Mini Camp (9 am–2 pm)	\$130	\$170
Extended Day Camp (7:30 am–5:30 pm)	\$260	\$315
Before Care (7:30 am–9 am)	\$40	\$50
After Care (4 pm–5:30 pm)	\$40	\$50
Ages 3–4 (must be 3 by 12/31/16)		
Tiny Tots Adventures (9 am–12 pm)	\$95	\$110
Special Camp Prices for Holiday Week		
(9 am–2 pm)	\$104	\$136
(9 am–4 pm)	\$148	\$176

50% of the first week's fee is due at the time of registration. Balances must be paid in full by the Friday prior to the week attending camp. Children cannot attend camp if payment is not received.

Specialty Camps times, ages & prices vary. See the weekly options for details.

Camp Brodie Themes 2017

Week 1: June 26–30

It's Finally Summer Break!

Could we have had any more snow days this year? Due to our late start, we'll have our basic Camp Brodie, full of fun, games, swimming, all the basics as we wind down and switch gears to summer mode!

Week 2: July 3–7 (Excluding Tuesday, July 4)

Red, White & Blue

Celebrate our country with red, white, and blue all week with special color wearing days; play Red Rover, Red White and Blue Tag, go on a Red White and Blue scavenger hunt. We will end the week with a big patriotic camp-wide celebration, complete with dessert we will make ourselves!

Thursday, July 6 will be **Patriotic Dress-up Day**. Come dressed in your best red, white & blue and let your American shine through!

Special Guest: Fire trucks on Thursday, July 6. Firefighters are some of the many heroes that help make our country great. Join us while we learn about this dangerous job and the really awesome trucks from some of the coolest guys in town.

Week 2 Trip: Wednesday, July 5—Indian Museum

Learn all about the Native Americans once occupying areas all over New England and see many artifacts from their cultures. We will take a nature hike up to an Indian Village & play traditional Indian games.

Fee: \$20 • **Depart:** 9:30 am; **Return:** 2 pm

50% of the first week's fee is due at the time of registration. Balances must be paid in full by the Friday prior to the week attending camp. Children cannot attend camp if payment is not received.

Participants in Camp Brodie are often involved in large group activities that involve movement over grass, trails, and uneven terrain. We will make every effort to make reasonable accommodations for all participants; for the safety and well-being of all involved, however, we ask you to please call to discuss any special needs your child may have prior to registering for camp.

Don't see what you're looking for? Give us a call.
Before June 26 – Recreation Office (860) 379-3389
After June 26 – Camp Office (860) 379-3877

Week 3: July 10–14—Brodie-e-i-e-i-o

All farm all week at Brodie! Ceramic and puppet animals, turtle cupcakes and a live petting zoo! Play "Feed the Cow" and "Corral the Pigs"; relay race with pool noodle ponies—we may even get jumpin' with a hoedown square dance competition!

Tuesday, July 11 will be **Farm Life Dress-up Day**. What will you be? A farmer? A cow? A chicken? Come dressed in your best farm-life themed outfit!

Special Guest: Mark Twain Storyteller on Thursday, July 13.

Campers will be introduced to Mark Twain's love of making up stories and will collaboratively improvise a story based on Victorian objects they may have never seen before. Results are creative and always hilarious!

Week 3 Trip: Wednesday, July 12—Beardsley Zoo

More than 300 animals to see, including tigers, condors, wolves and bears. Can't wait to "pop up" in the prairie with those little rascally prairie dogs!

Fee: \$30 • **Depart:** 9 am; **Return:** 4 pm

Week 3 Teen Trip: Thursday, July 13—Pursue the Clues

Often referred to as a puzzle room, escape room, adventure room, challenge room, or room escape game, we focus on engaging stories and challenges, and less on the concept of escaping. Your team will use a combination of critical thinking, deductive reasoning, and teamwork to accomplish a common goal within a 60-minute time limit.

Fee: \$30 • **Depart:** 10:30 am; **Return:** 2 pm

Week 4: July 17–21—Fact or Fiction

Science verse science fiction this week... we will have space aliens, robots and experiments every day. Play volcanoes and craters, dress like a space creature or robot one day—even better, dress your counselor like a creature from another galaxy—prizes for contest winners!

Tuesday, July 18 will be **Sci-Fi / Outer Space Dress-up Day**. Use your imagination for your best "out of this world" creation.

Special Guest: Hip Hop Juggler on Thursday, July 20. The Hip-Hop Juggler will dazzle us with his combination of style, stunts, comedy and world-class juggling talent.

Week 4 Trip: Wednesday, July 19

Connecticut Science Center

Expand your mind and your imagination exploring sights, sounds, inventions, earth, space and energy. Discover what is fact, what is fiction, and how to find out how to tell the difference.

Fee: \$25 • **Depart:** 9 am; **Return:** 3:30 pm

Week 4 Teen Trip: Wednesday, July 19—Yard Goats

We'll be rounding up our teen group to head out to the park for a game and a hot dog! In their second year with their new name, we will find out what being a Yard Goat is all about.

Fee: \$15 • **Depart:** 10:30 am; **Return:** 3:30 pm

Week 5: July 24–28**Magic, Monsters & Make-Believe**

Magical and silly fun this week with “magic butterflies,” monster trucks and mystical creatures. Dress-up day might bring you to camp as a favorite princess or villain; castles of sand and those made of cake will be added to our week, and you may even learn a few new tricks!

Tuesday, July 25 will be **Favorite Movie Character Dress-up Day**. It's so hard to choose, but pick just one of your favorite movie characters and let's pretend for a day!

Special Guest: Peter James on Thursday, July 27. The Magic of Peter James has been amazing audiences for over 30 years! More magic, no monsters, maybe a little make-believe....

Week 5 Trip: Wednesday, July 26**USA Ninja Challenge**

Specialized ninja training equipment will let us be ninjas for a day! Gymnastics equipment including rings, bars and beams, are used with ninja-specific tools such as cargo nets, traverse walls, slack lines, ropes and ladders. (Additional parent-signed waiver will be required.)

Fee: \$25.

Depart: 9 am; **Return:** 1:15 pm

Week 6: July 31–August 4**Summertime Freeze!**

Polar games and projects will cool us down this week. There will be ice cube relays, snow cones and polar animals, along with frozen hidden treasures to be chiseled out, and igloos! We may even have a “snowy” slippery slide, a 3-legged penguin race & Noodle Hockey!

Tuesday, August 1 will be **“Frozen” Dress-up Day**. Who's your favorite Frozen character? Let's get creative and see how many Elsas, Olafs and others we can pack in at Brodie today!

Special Guest: Summertime Snoballs on Friday, August 4. You will find Sno-Balls at Brodie this week—not from the sky, but in a cup! Your favorite sno-ball flavor will be keeping us cool on Friday!

Week 6 Trip: Wednesday, August 2—Ice Skating

Summertime freeze has set in at Brodie, and we may need to ice skate around camp! We'll be heading to the International Skating Center to learn how.

Fee: \$20.

Depart: 9:15 am; **Return:** noon

Week 6 Teen Trip: Wednesday, August 2—Ice Skating

We'll be escaping the heat of summer, by spending some time on the ice!

Fee: \$20.

Depart: 9:15 am; **Return:** noon

Week 7: August 7–11—Float, Flip or Fly

All sorts of movement this week at Brodie—from frogs on lily pads to airplanes, mini catapults and balloon racers! Play leapfrog and water games and if it's windy we'll try making and flying kites!

Tuesday, August 8 will be **Float, Flip or Fly Dress-up Day**. Wear an outfit that will help you float, flip or fly your way through the day.

Special Guest: Tanglewood Marionettes on Thursday, August 10. The story of Sleeping Beauty will be brought to life by a master puppeteer and his beautifully hand-crafted marionettes. An unforgettable presentation of a classic tale.

Week 7 Trip: Wednesday, August 9**Flight Trampoline**

You'll be able to float, flip AND fly when we go on the trip this week! Flight Trampoline will have us bouncing off the walls in this wall-to-wall trampoline park. (Additional parent-signed waiver will be required.)

Fee: \$30.

Depart: 10:30 am; **Return:** 3 pm

Week 7 Teen Trip: Wednesday, August 9**Flight Trampoline**

Who doesn't love to bounce?

Fee: \$30.

Depart: 10:30 am; **Return:** 3 pm

Week 8: August 14–18**Best of Brodie 2017**

Come and enjoy the most popular things from this year's camp season. We will offer the games and projects you liked the best, and end the season with a party to celebrate our summer fun!

Tuesday, August 15 will be **Best of Brodie Dress-up Day**. Your favorite dress up day costume? Let's do that again!

Special Guest: Inflatables on Thursday, August 17. Brodie Alumni can confirm there may be no better way to wrap up the season than bouncing, bouncing, bouncing. Best bounce house and water slides around!

Trip: Wednesday, August 16—Nomads

Nomads Adventure Quest is a family entertainment center that is backdropped in the mythical lost city of the Mayan ruins. Laser tag, wall climbing, mini-golf, tea-cups, bounce houses... no wonder it's our most popular trip!

Fee: \$30.

Depart: 9 am; **Return:** 2 pm

A Snack Shack is available for snacks, treats & ice cream. Prices vary and start at \$0.50

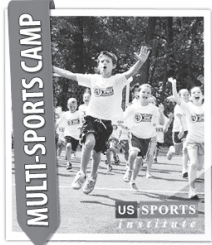
Specialty Camps 2017

Specialty camps are offered as an alternative to regular camp. These camps focus in on each camper's special interests. See the camp descriptions for specific ages for participation and times. A camper in a specialty camp that runs shorter than regular Camp Brodie has the option of being picked up at the end time of the specialty camp, or joining regular Camp Brodie until 4 pm. Please specify on your registration form which option your camper will be participating in. Call the Recreation Office for more information at 860-379-3389.

Week 4

Multi-Sports Camp

Instructor: US Sports Institute



Players will have the opportunity to experience up to 4 different sports each day. Sports included: Baseball, Basketball, Cricket, Flag Football, Hockey, Handball, Lacrosse, Soccer, Rugby and more! During the morning players will focus on developing their technique and skills within each sport, and gain a basic understanding of playing a scrimmage. The afternoon will focus on small-sided scrimmages in a tournament environment that encourages good sportsmanship and teamwork. Ages 5–12. Min. 8.

July 17–21.

Days	Time	Place	Fee
Monday–Friday	9 am–4 pm	Games Field	\$199

Paddleboarding Camp

Instructor: The Litchfield County Paddler

Learn about paddleboarding equipment, strokes, feet movement and stance. Safety awareness and dangers on the water will be discussed as well as what to do in an emergency. Meet at Berkshire Hall on Monday, and directly at Brodie Beach the remainder of the week. Ages 7–15.

July 17–21. (Also runs Week 8.)

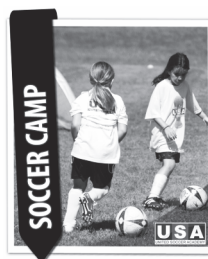
Days	Time	Place	Fee
Monday–Friday	9 am–noon	Brodie Beach	\$130

Week 7

Soccer Camp

Instructor: US Sports Institute

Experience the excitement of the world's most popular sport



at USSI's unrivaled Soccer Camp. Players will thrive in the exciting atmosphere generated by our internationally qualified coaches and love the daily themes, soccer development and soccer challenges.

USSI's Soccer Camp is perfect for players of all levels. To ensure that we develop future soccer stars, we group players together based on age and ability. This

allows players to experience the excitement of soccer through the concepts of free play, self-expression and creative imagination by competing with players of equal ability. Ages 5–12. Min. 8.

Aug. 7–11.

Days	Time	Place	Fee
Monday–Friday	9 am–4 pm	Games Field	\$199

Competitive Edge Basketball Camp

Instructor: Luke Nelson

Develop your game and a competitive edge with Coach Luke Nelson. This camp is designed for 6th–8th graders looking to take their game up a notch. Skill building and strategies will be addressed, as well as proper warm up, cool down, and hydration. Special emphasis on your mental approach will be discussed that will give you that edge above other players. Each day will cover ball handling, core strength, offensive skills, defensive skills and a scrimmage. Ages 12–14. Max. 15.

Aug. 7–11.

Days	Time	Place	Fee
Monday–Friday	9 am–noon	Brodie Beach	\$115

Week 8

Paddleboarding Camp

Instructor: The Litchfield County Paddler

Learn about paddleboarding equipment, strokes, feet movement and stance. Safety awareness and dangers on the water will be discussed as well as what to do in an emergency. Meet at Berkshire Hall on Monday, and directly at Brodie Beach the remainder of the week. Ages 7–15.

Aug. 14–18. (Also runs Week 4.)

Days	Time	Place	Fee
Monday–Friday	9 am–noon	Brodie Beach	\$130

As always, Friday is Pizza Day!

Children may choose to have a pizza lunch on Friday for \$5.

2017 Camp Brodie Registration Form

Or save time—online registration is quick and easy!

Create an account or login at town.new-hartford.ct.us/recreation-department, register and then just mail a check!

New Hartford Recreation • PO Box 316 • New Hartford, CT 06057

To register for camp:

- ☐ Fill out this registration form & a signed 2017 Camp Brodie Release form (one per child) or register online!
- ☐ Send 50% of the first week's fee. (Remainder is payable in full the Friday before the camp session.)
- ☐ A current health form, signed by your child's doctor, indicating a physical was performed within the past 3 years. If your child attended camp last year, we may have one on file. Please call to verify.
- ☐ Mail to: **New Hartford Recreation • PO Box 316 • New Hartford, CT 06057** or you may drop off in person at New Hartford Town Hall, Recreation Office, 530 Main. St., New Hartford.
- ☐ All forms are available online at town.new-hartford.ct.us/recreation-department under "Dept. Info."
- ☐ The Camp Office will open June 26, 2017. Berkshire Hall at Brodie Park, 580 West Hill Rd., New Hartford. (860) 379-3877

Child's name _____ Age _____ Grade in Fall _____

Street address _____

City/State/Zip _____

Parent/Guardian 1 Relationship: ☐ Mother ☐ Father ☐ Other: _____

Name _____ Email _____

Cell _____ Home _____ Work _____

Parent/Guardian 2 Relationship: ☐ Mother ☐ Father ☐ Other: _____

Name _____ Email _____

Cell _____ Home _____ Work _____

Additional emergency contact

Name _____ Relationship to child _____

Cell _____ Home _____ Work _____

Participants are often involved in large group activities that involve movement over grass, trails, and uneven terrain. We will make every effort to make reasonable accommodations for all participants; for the safety and well being of all involved, however, we ask you to please call to discuss any special needs your child may have prior to registering for camp. Please list anything we may need to know regarding your child's health or safety while he/she attends camp, including allergies or any other wellness concerns:

Date _____ Signature _____ Print Name _____

2017 Brodie Summer Camp Policies and Release Form for: _____

What to bring with you!

- Backpack
- Lunch & Snack
- Water Bottle
- Sneakers
- Bathing Suit & Towel
- Sunscreen & Bug Spray

Optional:

- Spare Outfit
- Sweatshirt / Rain Jacket
- Hat / Sunglasses
- Swim Goggles
- Money for the Snack Shack

What NOT to Bring:

- Electronics (iPods, handheld games, etc.)
- Sandals / flip flops
- Over-the-counter medication
- Water guns (we will let you know about special days for these!)
- Card Games (Including Pokemon-type cards)

- Camp runs rain or shine. Times vary depending on the camp chosen. Drop off is no earlier than 15 minutes prior to the start of a camp, and pick up is no later than 15 minutes after the listed time. Additional fees will be applied if your child is in attendance beyond their registered time.
- Your child must be provided with a bag lunch (with an ice pack if necessary), snacks appropriate for the time they will be in attendance at camp and a water bottle. Bottles may be refilled with water at any time during the day.
- Please dress your child in his/her bathing suit with appropriate clothing over it. A change of clothing is recommended, along with a sweatshirt and hat.
- Campers MUST wear closed-toe shoes. Sneakers are recommended.
- Please apply sunscreen and bug spray prior to camp. Staff can not apply these to your child, but they may carry and self-apply as needed.
- Water activities & swimming will be a regular part of camp. Campers entering 4th grade and who are at least 9 years old will have the opportunity to take a "dock test." If they pass it, they will be allowed to swim to the dock during camp swim time if they choose.
- Food may be served at camp as a part of our special activities. Please BE SURE you have allergies listed on your child's registration and medical forms. If you don't wish your child to participate in food activities, make sure you have clearly indicated specific instructions.
- Photos and videos of your child may be taken during camp. You agree to allow these to be used in publications unless otherwise noted.
- Unruly behavior on the part of your camper may result in removal from an activity or the group, or being sent to the camp office. Depending on the severity of the offense, you may be contacted for pickup.
- If your child requires any medications including an EpiPen, you MUST contact the Camp Office (860) 379-3877. All medications and doctor-signed authorizations MUST be given to the camp nurse for approval.
- A health form signed by a doctor must be provided or your child will not be allowed to attend camp. A camp health form is preferred, but a standard school medical form will also be accepted. Physicals must have taken place within the past 3 years.

I understand that there is a possibility that my child could sustain injuries while engaging in camp activities. In case of emergency where a family member cannot be reached, I authorize the attending Emergency Department physician to treat my child. I also understand that my own medical insurance will be used in the event of an emergency. I agree to hold harmless the town of New Hartford, the Parks and Recreation Department, its officers, sponsors, agents, employees and anyone else associated with the program. For the safety and wellness of all campers, NHR reserves the unrestricted right to dismiss a camper whose conduct or influence, in the opinion of the Director, is detrimental to the best interests of the camp or other campers. There are no refunds if a camper is dismissed for this reason.

By signing below, I confirm that I have read the Camp Brodie Policies & Release Form, agree with & will comply with the policies & terms.

Parent/Guardian Signature

Date

Parent/Guardian Name (printed)

2017 CAMP SELECTION FORM

- Find the code for the time you would like your child to attend Camp Brodie on the chart to the right.
- In the chart below, find the week(s) your child would like to attend, and circle the code for the desired time.
- Fill in the total for the week, being sure to include the field trip if your child would like to attend!

SAVE TIME—REGISTER ONLINE AND SIMPLY MAIL A CHECK!

A current health form signed by your child's doctor indicating that a physical was performed within the past 3 years must be on file or provided. You may call the office to confirm the date of previously received forms.

Code	Camp Brodie Times & Prices	Resident	Non-Resident
Ages 5–12			
A	Mini Camp (9 am–2 pm)	\$130	\$170
B	Regular Camp (9 am–4 pm)	\$185	\$220
C	Extended Day Camp (7:30 am–5:30 pm)	\$260	\$315
D	Before Care (7:30 am–9 am)	\$40	\$50
E	After Care (4 pm–5:30 pm)	\$40	\$50
Ages 3–4 (must be 3 by 12/31/16)			
F	Tiny Tots Adventures (9 am–12 pm)	\$95	\$110
Ages 13+ (and/or entering 7th grade in the fall)			
G	Brodie Youth Enrichment (9 am–4 pm)	\$45	\$60

Special Camp Prices for Holiday Week:

(9 am–2 pm)	\$104	\$136
(9 am–4 pm)	\$148	\$176

Week	Date	Theme	Price Code from Chart—Circle One	Total
1	6/26–30	It's Finally Summer Break!	A B C D E F G	
2	7/3–7 (no camp 7/4)	Red, White & Blue	A B C D E F G <i>see above for Holiday Week pricing</i>	
	7/5	Field Trip: Indian Museum – \$20		
3	7/10–14	Brodie-e-i-e-i-o	A B C D E F G	
	7/12	Field Trip: Beardsley Zoo – \$30		
	7/13	Teen Field Trip: Pursue the Clues – \$30		
4	7/17–21	Fact or Fiction	A B C D E F G	
	7/19	Field Trip: Connecticut Science Center – \$25		
	7/19	Teen Field Trip: Yard Goats – \$15		
5	7/24–28	Magic, Monsters & Make-Believe	A B C D E F G	
	7/26	Field Trip: USA Ninja Challenge – \$25		
6	7/31–8/4	Summertime Freeze!	A B C D E F G	
	8/2	Field Trip: Ice Skating – \$20		
	8/2	Teen Field Trip: Ice Skating – \$20		
7	8/7–11	Float, Flip or Fly	A B C D E F G	
	8/9	Field Trip: Flight Trampoline – \$30		
	8/9	Teen Field Trip: Flight Trampoline – \$30		
8	8/14–18	Best of Brodie 2017	A B C D E F G	
	8/16	Field Trip: Nomads – \$30		

TOTAL DUE: _____

Don't see what you're looking for? Give us a call.

Before June 26: Recreation Office (860) 379-3389 • After June 26: Camp Office (860) 379-3877

2017 SPECIALTY CAMP SELECTION FORM

Week	Dates	Camp	Times	Resident	Non-Resident	Total
4	7/17-21	Multi-Sports Camp	9 am-4 pm	\$199	\$199	
		Paddleboarding Camp	9 am-noon	\$130	\$130	
		Add Camp Brodie until 2 pm	9 am-2 pm	\$170	\$180	
		Add Camp Brodie until 4 pm	9 am-4 pm	\$210	\$220	
7	8/7-11	Soccer Camp	9 am-4 pm	\$199	\$199	
		Competitive Edge Basketball Camp	9 am-noon	\$120	\$120	
		Add Camp Brodie until 2 pm	9 am-2 pm	\$155	\$165	
		Add Camp Brodie until 4 pm	9 am-4 pm	\$195	\$205	
8	8/14-18	Paddleboarding Camp	9 am-noon	\$130	\$130	
		Add Camp Brodie until 2 pm	9 am-2 pm	\$170	\$180	
		Add Camp Brodie until 4 pm	9 am-4 pm	\$210	\$220	

Make checks payable to: **New Hartford Recreation**

DEPOSIT: 50% of the first week is due at the time of registration. Balance for upcoming weeks is due & payable on the Friday before the session.

Specialty Camp Total: _____

Camp Brodie & Trip Total: _____
(From Previous Page)

GRAND TOTAL DUE: _____

Three other camps you may be interested in...

Highlander Basketball Camp

July 17-21 • 9 am-1pm
Northwestern Regional 7
For all boys and girls entering grades 3-8.
Cost: \$150 or \$125*
(*If enrolled by June 12, 2017)
For more information call:
Doug Sebach, Camp Director
(860) 542-6864
www.highlandercamp.webs.com

New Hartford Youth Soccer Camp

July 24-28
4 & 5 year olds: 9 am-10:30 am, \$69
6+ year olds: 9 am-12 pm, \$107
For more information
email ecopley80@gmail.com
Register online:
www.youthelitesoccer.com

NECA Cheer Camp

New England Cheerleaders Association
August 17 • \$45
Sponsored by
Wolverines Football & Cheer
Ages 7+
One-day cheer camp with sidelines, dance and some stunting.
For more information and to register, contact Krista Maloney
Kristaspins@gmail.com

On The Waterfront

Use of the waterfront area at Brodie requires the purchase of a beach pass Memorial Day through Labor Day. This includes the beach, as well as the canoe/ kayak & boat mooring areas. Walk-ins must provide pass number for verification. Passes may be purchased at Town Hall during regular business hours pre-season, and directly at the beach thereafter.

Lifeguards staff the beach on weekends starting Memorial Day weekend, and daily beginning the day the New Hartford Public Schools are released for summer break.

Please note that access to the waterfront is limited to park operating hours.

Gates are locked when the beach is closed. Waterfront is inaccessible after dusk.

Beach Passes must be adhered to the windshield, on the lower right (passenger) side.

Beach Pass Fees

Resident	\$80
Resident 2nd Car	\$50
Resident Senior (60+)	\$25
Non-Resident	\$315
Non-Resident 2nd Car	\$315
Non-Resident Senior (60+)	\$155

Guest Policy

The beach pass sticker issued is for the use of the identified applicant/household. Guests may accompany a passholder for a small fee: **Ages 12+: \$5** **Under 12: \$2**

Boats

Canoe/kayak rack storage space, as well as moorings, are available for seasonal rental on a first-come, first-served basis beginning March 31 for residents, April 14 for non-residents.

Racks

1-Canoe or 2-Kayak Rack Rental: \$105

Moorings

Large Boat (Pontoon, party, etc.)	\$525
Small Boat (Spaces 1-5)	\$260
Small Boat (Spaces 6-12)	\$210

Please call the Recreation Office at Town Hall, (860) 379-3389, to find out how you can reserve a spot.

Watercraft not claimed by November 1 each year, as well as items left at the park in undesignated areas or without a proper rental agreement, will be confiscated and disposed of at the discretion of the town. The town is not responsible for any damage to stored items or items used to secure property—locks, chains, etc.

Waterfront Rules and Policies

- Rules are maintained and enforced at the discretion of the lifeguarding staff and at the direction of the Town of New Hartford.
- Use of waterfront requires the purchase of a pass—this is a use pass, NOT a parking pass. Walk-ins must show the number of the pass attached to their vehicle, wherever it is parked.
- Residents, property owners and business owners located in New Hartford are eligible for resident pass pricing. These passes are not transferable and will require proof of residency or ownership.
- Applications for a beach pass require valid vehicle registration. The pass must be attached to the vehicle of the corresponding vehicle.
- Beach pass is for use by the family members in the household of the patron purchasing the pass. Guests are permitted for a nominal guest fee. The guest must be at all times near a beach pass holder.
- Normal beach hours are 10 am–8 pm or dusk (whichever is earlier). Gates will be locked when beach closes.
- Groups of 10 or more must register in advance with the waterfront director or the Recreation Office.
- Children 15 years and under must be accompanied by an adult.
- Swimming is not allowed without a lifeguard on duty.
- All children in lifejackets must remain where they can touch and be accompanied by a parent at arm's length.
- Parents/guardians are responsible for the safe play of their children.
- The number of people on or at the floating raft is limited to 10.
- Swimming is NOT allowed under the raft.
- Front dives and jumping only are allowed off the floating raft—no back dives.
- Swimming is permitted in designated area only.
- Swimming in the boat dock area (concrete pier) or out of the roped area is not allowed.
- No hanging or pulling on the buoys or buoy lines.
- No blocking the area in front of the lifeguard stand.
- Swimming aids and flotation devices allowed only if certified for safety (i.e. Coast Guard approved, etc.) and only in areas designated by the waterfront staff. No kickboards or noodles. Please check with Waterfront

Director for further information.

- Snorkeling is not allowed. Scuba diving is permitted with proof of current certification only. Please consult with waterfront director prior to diving.
- Please be respectful of other beach users (i.e. radio use, no sand or rock kicking or throwing, no rough play, no vulgar language, etc.)
- Dogs are NOT allowed on beach.
- No bathing, soap, or shampoo allowed.
- No nudity allowed.
- No alcohol is allowed in the waterfront area.
- Glass bottles or containers are NOT allowed on the beach.
- Fishing is only allowed outside of the swimming area.
- Grills are provided for use. Please do not bring in your own charcoal grill.
- The waterfront may be closed during inclement weather.
- Violations of rules can/will result in sticker revocation.
- Patrons are expected to adhere to the safety instructions of the lifeguard on duty, including but not limited to evacuating the water or waterfront area during times of inclement weather.
- The Town of New Hartford is not responsible for any injuries, theft or damage to personal property or vehicles while at Brodie Park.
- Any questions or concerns should be directed to the waterfront director on duty or call the Recreation Office / Town Hall at 860-379-3389.

Swim lessons are back!

Beach stickers are required for participation in swim lessons • \$50 per session

All lessons are provided by certified instructors. A certified swim instructor is different from a lifeguard. Swim instructor certification ensures the instructor has been adequately certified in proper technique and the instructor has been tested on necessary skills to allow them to provide appropriate instruction to young children.

Two weekday sessions: Monday–Thursday, 4 days a week for 2 weeks

Session 1: July 10–July 20

Session 2: July 24–August 3

1:00	Level 1	Preschool (4–5)	Learn-to-Swim (6+)
1:30	Level 2	Preschool (4–5)	Learn-to-Swim (6+)
2:00	Level 3	Preschool (4–5)	Learn-to-Swim (6+)
2:30	Level 4		Learn-to-Swim (6+)
3:00	Level 5		Learn-to-Swim (6+)
3:30	Level 6		Learn-to-Swim (6+)

5:30	Level 1	Preschool (4–5)	Learn-to-Swim (6+)
6:00	Level 2	Preschool (4–5)	Learn-to-Swim (6+)
6:30	Level 3	Preschool (4–5)	Learn-to-Swim (6+)
7:00	Level 4		Learn-to-Swim (6+)

Register online by July 1:

town.new-hartford.ct.us/recreation-department

After July 1, please speak with the waterfront staff directly, or contact the Recreation Office at (860) 379-3389 or ctellier@town.new-hartford.ct.us

Saturday session—once a week for 8 weeks, June 24–August 12

10:00	Level 1	Preschool (4–5)	Learn-to-Swim (6+)
10:30	Level 2	Preschool (4–5)	Learn-to-Swim (6+)
11:00	Level 3	Preschool (4–5)	Learn-to-Swim (6+)
11:30	Level 4		Learn-to-Swim (6+)
12:00	Level 5		Learn-to-Swim (6+)
12:30	Level 6		Learn-to-Swim (6+)

See following pages for descriptions of lesson levels.



Preschool Aquatics: Ages 4 & 5

Parent **MUST** remain present at the class / waterfront. This course gives young children a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.

Level 1: Helps participants feel comfortable in the water and enjoy the water safely.

Skills learned:

- Entering and exiting water safely
- Blowing bubbles through mouth and nose
- Submerging mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back float and recover to a vertical position
- Back glide
- Roll from front to back and back to front
- Treading with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

Level 2: Builds on the skills learned in level 1 and gives participants success with fundamental skills, such as floating and basic locomotion.

Additional Skills Learned:

- Bobbing
- Tread water using arm and leg actions
- Finning arm action on back

Level 3: Build upon Level 2, improve participants' coordination of simultaneous arm/leg actions and alternating the arm/leg actions

Additional Skills Learned:

- Enter water by jumping in
- Fully submerge and hold breath
- Front, jellyfish and tuck floats
- Change direction of travel while swimming
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

Learn to Swim

Based on a logical, six-level progression that helps swimmers 6+ years old develop their water safety, survival and swimming skills. It is designed to give participants a positive learning experience.

Level 1: Introduction to Water Skills.

Helps participants feel comfortable in the water.

Skills learned:

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and back float
- Recover to vertical position from a front glide and back float or glide
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front

and back

- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

Level 2: Fundamental Aquatic Skills Gives participants success with fundamental skills.

Additional Skills Learned:

- Enter water by stepping or jumping from the side
- Fully submerge and hold breath
- Front, jellyfish and tuck floats
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Finning arm action on back
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

Level 3: Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper waters.

Additional Skills Learned:

- Headfirst entry from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Front crawl and elementary backstroke
- Scissors kick
- Think twice before going near cold water or ice

Level 4: Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills.

Additional Skills Learned:

- Headfirst entry from the side in compact and stride positions
- Swim under water
- Feet-first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using two different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Recreational water illnesses

Level 5: Stroke Refinement Provides further coordination and refinement of strokes.

Additional Skills Learned:

- Shallow-angle dive from the side
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Standard scull
- How to call for help and the importance of knowing first aid and CPR
- Wave, tide or ride, follow the guide

Level 6: Swimming and Skill

Proficiency Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing participants for lifetime fitness and safety. It also prepares the student for more advanced courses, including competitive swimming or diving.

Waterfront Programs

Adult Paddleboarding & SUP Yoga

Instructor: Mike Cullinane, Litchfield County Paddler

This course introduces the sport of paddleboarding in a fun & safe manner. The instructor teaches the fundamentals & proper safety guidelines to build a foundation for future boarding experiences. No experience required. SUP Yoga classes, where stand-up paddleboarding meets yoga! Build strength & balance, practice breathing and concentration as you're led by certified yoga instructors on beautiful West Hill Lake. Must be comfortable in the water and able to swim. Fee includes use of paddleboard, paddle and flotation device. Waterfront access without a sticker is valid during class time only. Call (860) 480-0714 for more information about either class. Ages 15+.

June 27–Sept. 5

Day	Time	Place	Fee
Tuesdays	6–8 pm	Brodie Beach	\$35/week

YOGA at the BEACH with Melanie Sedlack

Instructor: Melanie Sedlack

This summer take your yoga practice outdoors! Build strength, flexibility & balance with an all-levels vinyasa yoga series at Brodie Beach. Breathe, sweat & flow under the sun! Questions? Call Melanie Sedlack at (860) 806-9072. Sign up online at www.oneloveyogapaddlect.com.

Tuesday evenings – Sunset Flow 7–8:15 pm (or dusk)

Saturday mornings – Sunrise Flow 8–9:15 am

Ages 16+

Tuesdays and Saturdays, Jun 6–Sep 2 (No Yoga July 4, 8, 11, 15, 25, 29)

Days	Time	Place	Fee
Tues., Sat.	Tues. 7–8:15 pm Sat. 8–9:15 am	Brodie Beach	Drop-in – \$15 5 class pass – \$60 10 class pass – \$100 Unlimited pass – \$175

Beach Games

Instructor: Brodie Lifeguards

Join our Brodie Lifeguards for some old-fashioned beach fun! Each Thursday, we'll be hosting group games at the waterfront such as beach volleyball, spike ball, badminton, pickle, etc.

Jun 22–Aug 24

Days	Time	Place	Fee
Thursdays	6–8 pm	Brodie Beach	Free

To register: town.new-hartford.ct.us/recreation-department or call 860-379-3389

New Hartford Parks and
Recreation Dept.
530 Main St.
New Hartford CT 06057

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SPRING/SUMMER 2017

**Berkshire Hall at Brodie Park
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nhrecreation@town.new-hartford.ct.us

**Town Hall
860-379-3389**

**Something for everyone
in New Hartford!**

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Brodie Park Summer Concert Series

8 WEEKS OF MUSICAL ENTERTAINMENT FOR YOUR ENJOYMENT

Get out of the house and join us in front of Berkshire Hall for a relaxing evening of live musical entertainment. Bring a picnic, blanket, lawn chairs. Visit with friends & neighbors. Don't miss this great experience! These Wednesday evening concerts begin at 6:30 and are FREE.

July 5	Bootleg Band	Country & Rock Classics, Nu-Country
July 12	West Hill Groove	B-Sides and Blues
July 19	Magic Moments	Classic Rock & Oldies from the '50s, '60s & '70s
July 26	Kenn Morr	Acoustic, folk, rock & Americana stylings of original hits
August 2	Army Band Rock Band	Rock Cover Band
August 9	Simply Swing	Ten-piece brass ensemble
August 16	Last Fair Deal	American roots music from bluegrass, jazz, acoustic rock
August 23	Lost Together	Classic Rock & Oldies