



# WINTER 2023

NORWICH YOUTH, FAMILY, &  
RECREATION SERVICES



75 Mohegan Road | Norwich, CT | (860) 823-3791  
Register online at [Norwichct.org/287/recreation](https://Norwichct.org/287/recreation)



# Staff & Hours

## Our Mission

To promote the social, emotional, and physical health of our community through recreation, workforce development, education, and engagement.

## Youth, Family, & Recreation Services Staff

**Human Services Director:** Kate Milde  
**Youth, Family, & Recreation Services Manager:** Erin Haggan  
**Recreation Program Coordinator:** Bob Kilpatrick  
**Drug Free Communities Coordinator:** Hannah Ornburn  
**Youth Workforce Development Coordinator:** Hector Sanchez  
**Administrative Specialist:** Idis Andino

## Contact Information

Norwich Youth, Family, & Recreation Services  
75 Mohegan Rd., Norwich, CT 06360

**Phone:** (860) 823-3791  
**Fax:** (860) 823-3830  
**Email:** recreation@cityofnorwich.org

**Office Hours**  
Monday-Friday, 8:30am-4:30pm (excluding federal holidays)

## Norwich Recreation Advisory Board and Youth & Family Services Advisory Board

The separate Advisory Boards currently meet every other month. The role of the Advisory Boards is to study the facilities and programs of the city, and shall, from time to time, confer with the chief executive officer of the city and advise them in respect to the development and the use of the city's parks, recreation, and social emotional programming. The chief executive officer of the city, with the advice of the board, shall have the supervision and management of such facilities and programs in connection therewith as are now or may hereafter be established; shall provide regulations for them, and shall arrange for balanced youth, family, and recreational programs for the inhabitants of the city. Recreation Advisory Board meetings are held the third Wednesday of every other month, and the Youth and Family Advisory Board meetings are held the second Tuesday of every other month.

### Recreation Advisory Board Members

Jeff Brown *Chairperson*  
Derell Wilson  
Grant Nuerendorf  
Peter Camp

### Youth & Family Services Advisory Board Members

Michael Garcia  
Kimberly Charles  
Teairez Atunbi  
Sue Dubb  
Erin Haggan  
Bob McKinney  
Jon Turban  
Jennifer Croce  
Cara-Lynn Turner

# Sports League Contacts

Please check the league websites for detailed contact information.

Norwich Youth Football League.....	Facebook - Norwich Wildcats Youth Football
Norwich Little League Baseball/Softball.....	<a href="http://norwichlittleleague.com">norwichlittleleague.com</a>
Cal Ripken / Babe Ruth Baseball - PAL.....	<a href="http://norwichpal.org">norwichpal.org</a>
Norwich Youth Soccer Club.....	<a href="http://norwichyouthsoccerclub.org">norwichyouthsoccerclub.org</a>
American Jr./Sr. Legion Baseball.....	<a href="http://baseball.legion.org">baseball.legion.org</a>
PAL (Baseball, Basketball, Soccer).....	<a href="http://norwichpal.org">norwichpal.org</a>
Norwich Youth Lacrosse Association.....	<a href="http://norwichyouthlacrosse.org">norwichyouthlacrosse.org</a>
Mohegan Striders.....	<a href="http://moheganstriders.org">moheganstriders.org</a>
Eastern CT Major League Baseball.....	<a href="mailto:jwtjr2110@comcast.net">jwtjr2110@comcast.net</a>
Rose Garden Ice Arena.....	<a href="http://rosegardenicearena.com">rosegardenicearena.com</a>

# Parks & Facilities

Norwich Youth, Family, & Recreation Hall/Fields.....	75 Mohegan Road
Teacher Memorial Global Studies Magnet Middle School.....	15 Teachers Drive
Kelly STEAM Magnet Middle School.....	25 Mahan Drive
Huntington School Gym.....	80 West Town Street
Raymond "CIT" Ouellet Park.....	20 Old Canterbury Turnpike
McKeon Park.....	2 Taftville Occum Road
Moriarty Magnet Elementary School.....	20 Lawler Lane
John B. Stanton Elementary School.....	386 New London Turnpike
Jenkins Tennis Courts.....	High Street
Foundry 66.....	66 Franklin St.

# General Information

**Mail/In Person or Online:** We are excited to offer online registration; visit [www.norwichct.org/recreation](http://www.norwichct.org/recreation) for online registration. Completed paper registration forms may be mailed or brought to: Norwich Youth, Family, and Recreation Services, 75 Mohegan Road, Norwich, CT 06360. For after hours, a lock box is located outside the main door under the mailbox.

**Registration for programs is on a first come - first served basis.** Once the program is at capacity you will be added to the waitlist and contacted if a spot becomes available. Pre-registration is required for all programs. Registrations must be made before the start of all programs. We do not call to confirm registrations. We will only call if the program does not run and/or to provide you with all information pertaining to the program.

**Residents:** Any person/s that resides in the City of Norwich pays the 'resident' fee.

**Payment:** We accept cash, debit, credit, check, or money order. Checks can be made out to the City of Norwich. There is a \$30 return fee for non-sufficient funds.

**Scholarships:** Scholarships will be awarded if scholarship money is available. For more information contact us.

**Refund Policy:** We reserve the right to cancel, postpone, or change classes. If insufficient enrollment causes the cancellation of a class, a full refund will be given. Refunds will not be issued after the 2nd class of a program. Refunds will be issued if COVID-19 effects camp or summer program sessions.

**Satisfaction Guarantee:** We are committed to providing the highest quality service to our customers. If you are not fully satisfied with any of our services or classes, we want to hear from you. Please give us the opportunity to resolve your issue.

**Cancellations:** Programs which are run in Norwich Public Schools are cancelled when schools are closed or when after school programs are cancelled. Programs run at any other location are cancelled at the discretion of the staff. Please call our office for cancellation information at 860-823-3791 if you have not heard from us 2 hours prior to the start of class. Please make sure emails provided are accurate, as this is typically the way we inform participants. We will make every effort to makeup classes.

**Medical Conditions/Special Needs:** If you have a medical condition that you would like us to be aware of during your participation in our programs, please note this on your registration form.

**Participant Behavior:** Participants are expected to exhibit appropriate behavior at all times. Participants shall behave in a safe and responsible manner, show courtesy and respect to other participants, volunteers and staff, and treat equipment and facilities with care. We use a positive approach to behavior management. However, we reserve the right to take appropriate action based on an evaluation of each situation on its own merits.

**Use of Public Park/Field:** A permit is required for use of some parks and playing fields. Requests may be emailed to [recreation@cityofnorwich.org](mailto:recreation@cityofnorwich.org). **Fees may apply.**

**Insurance/Medical:** The City of Norwich has liability insurance but does not carry accident insurance for participants. Personal health and accident insurance is recommended. All participants must sign the medical release/parental permission slip form before participating in our programs. Parental signature is required for those under the age of eighteen.

**Photo Policy:** Any photographs taken of participants of programs or activities may be used for publication or advertising materials such as brochures, flyers and online. Participants not wishing to have a photograph of them used must submit a request in writing not to be photographed at the time of registration.

**OOPS! Despite our best efforts, sometimes errors sneak into print or onto the web. We apologize for any problems this may cause.**



# Youth Programs

## Early Childhood

### Smart Start Multi Sport

We are now offering a chance for our youngest athletes to experience a wide range of different sports! Each week will focus on a new sport, soccer, baseball, flag football or other sports, giving our youngsters a chance to see what interests them!

Parent or guardian participation is required. 6 weeks.

**No class 1/16 or 2/20.**

Dates	Day	Time	Ages
1/9 - 2/27	M	6:00pm - 7:00pm	3 - 5
3/6 - 4/10	M	6:00pm - 7:00pm	3 - 5

**Location:** Moriarty Elementary School

**Fee:** \$40 Res. / \$50 Non-Res.

**Instructor:** Division Staff

### Messy Mondays

Your child will have fun getting messy. Experiment with different textural materials such as shaving cream, goop, finger paints, play-dough, and more. Parents can leave the mess to us! This is a great social experience for both you and your toddler or preschooler! 6 weeks.

**No class 1/16 or 2/20.**

Dates	Day	Time	Ages
1/9 - 2/27	M	10:00am - 10:45am	12 mo. - 3 y.o.
3/6 - 4/10	M	10:00am - 10:45am	12 mo. - 3 y.o.

**Location:** Norwich Rec. Hall, 75 Mohegan Rd.

**Fee:** \$30 Res. / \$40 Non-Res.

**Instructor:** Division Staff

### Exploratory Art for Littles NEW

This program is designed for toddlers to learn and try new things. They will explore new materials and art mediums all while having FUN creating! Lessons will include pizza box easel paintings, finger painting and much more! Let your little artists experience the fun in creating! 6 weeks.

Dates	Day	Times	Ages
1/11 - 2/15	W	10:00am - 10:45am	12 mo. - 3 y.o.
3/1 - 4/5	W	10:00am - 10:45am	12 mo. - 3 y.o.

**Location:** Norwich Rec. Hall, 75 Mohegan Rd

**Fee:** \$45 Res. / \$55 Non-Res.

**Instructor:** Faith Satterfield

### Dance 1

Dance 1 is a creative movement class that allows students to explore their inner dancer. Students will be given exercises on developing safe alignment while strengthening skills in a group environment. 12 weeks.



Dates	Day	Time	Ages
1/11 - 3/29	W	5:00pm - 5:45pm	5 - 7

**Location:** Norwich Rec. Hall, 75 Mohegan Rd.

**Fee:** \$90 Res. / \$100 Non-Res.

**Instructor:** Martha Tornay

### Tiny Food Explorers NEW

Join Tiny Food Explorers with your tiny eaters to explore food, flavors and cooking. You will create a recipe together while using the five senses to explore foods and maybe try something new. Picky eaters and great eaters are welcome! Recipes are nut free but may contain dairy and/or eggs.

Dates	Day	Time	Ages
1/19	Th	10:00am - 11:00am	1 - 3

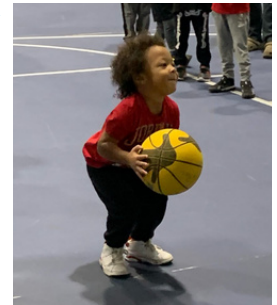
**Location:** Norwich Rec Hall, 75 Mohegan Rd

**Fee:** \$25 Res. / \$35 Non-Res.

**Instructor:** Food Explorers Staff

### Tiny Tots Basketball NEW

Mini-hoops, mini-balls and tons of fun! They will work on having fun while learning the fundamentals of basketball. Dribbling, passing, and shooting will be the three main fundamental focuses throughout this program. Parent or guardian participation is required. 8 weeks.



Dates	Day	Time	Ages
1/7 - 2/25	Sa	9:00am - 10:00am	4 - 7

**Location:** Huntington Elementary School

**Fee:** \$25 Res. / \$35 Non-Res.

**Instructor:** Norwich PAL

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@Norwich Youth, Family, & Recreation  
Services





## Small & Tall Tumblers

Parents/Guardians participate in the world of the toddler with movement, music, balance beams, and obstacle courses, combined with instruction, while learning about their child's development. The stage is set to enhance key areas of motor development for gymnastics, while stimulating the mind and body through highly creative activity. 6 weeks. Parent or guardian participation is required.

Dates	Day	Times	Ages
1/12 - 2/16	Th	5:00pm - 5:45pm	12 mo. - 3 y.o
3/2 - 4/6	Th	5:00pm - 5:45pm	12 mo. - 3 y.o

**Location:** Norwich Rec. Hall, 75 Mohegan Rd.  
**Fee:** \$45 Res. / \$55 Non-Res.  
**Instructor:** Thames Valley Gymnastics

## Mini Star Tumblers

Class enhances emerging gymnastics skills in an energetic and creative environment. Children refine basic skills that reinforce a heightened aptitude for gymnastics. Participants will walk on the balance beam, bars, learn cartwheels, splits, and back bends. This class offers greater challenges to the older preschooler and beyond on scaled down gymnastics inspired equipment. 6 weeks.

Dates	Day	Times	Ages
1/12 - 2/16	Th	6:00pm - 6:45pm	3 - 5
1/12 - 2/16	Th	7:00pm - 7:45pm	6 - 8
3/2 - 4/6	Th	6:00pm - 6:45pm	3 - 5
3/2 - 4/6	Th	7:00pm - 7:45pm	6 - 8

**Location:** Norwich Rec. Hall, 75 Mohegan Rd.  
**Fee:** \$45 Res. / \$55 Non-Res.  
**Instructor:** Thames Valley Gymnastics

## Free Time Tumblers

Bring your child and enjoy the fun and thrill of our tumbling equipment. This is a great opportunity for your little ones to work on their fine motor skills while having a blast! **This program does not include instruction.**

Dates	Day	Times	Ages
1/13 - 2/17	F	10:00am - 11:00am	1 - 5
3/3 - 4/7	F	10:00am - 11:00am	1 - 5

**Location:** Norwich Rec. Hall, 75 Mohegan Rd.  
**Fee:** FREE



## Youth Sports and Fitness

### Youth Yoga

Improve strength, flexibility, and coordination. Enhance focus and reduce stress through breathing and mindfulness exercises. Build confidence and awareness as we move through fun yoga poses designed for all levels of ability! 6 weeks. **No class 1/16.**



Dates	Day	Times	Ages
1/9 - 2/27	M	6:00pm - 6:45pm	8 - 13
3/6 - 4/10	M	6:00pm - 6:45pm	8 - 13

**Location:** Norwich Rec. Hall, 75 Mohegan Rd.  
**Fee:** \$40 Res. / \$50 Non-Res.  
**Instructor:** Michelle Vanase, Certified Yoga Teacher, CYT 500

### Beginner Lacrosse



Did you know that lacrosse is the fastest game on two feet? Students will learn the basic skills and rules using safe, made for indoors equipment. This class is intended for beginners. Open for boys and girls. Come give the fastest growing sport in America a try! All equipment will be provided. 6 weeks.

Dates	Day	Times	Ages
1/10 - 2/14	Tu	6:15pm - 7:15pm	6 - 12
2/28 - 4/4	Tu	6:15pm - 7:15pm	6 - 12

**Location:** Moriarty Elementary School  
**Fee:** FREE  
**Instructor:** Norwich Youth Lacrosse Coaches

### Kids Hula-Hooping

Hooping is a modern spin on the classic fun of the hula-hoop. Students learn how to bring the hoop up, down and off the body while moving to music. This hooping program blends creative movement, dance, exercise and cooperative play. No experience needed. Custom hula-hoops will be provided for class use.

Dates	Day	Times	Ages
1/10 - 2/14	Tu	6:15pm - 7:15pm	7 - 11

**Location:** Wequonnoc Elementary School  
**Fee:** \$20 Res. / \$30 Non-Res.  
**Instructor:** Judi Jones

## Ballet/Modern Dance

Ballet/Modern Dance is a hybrid class incorporating creative movement, pre-modern/pre-ballet techniques. Students will explore a variety of dance basics while being guided through improvisation prompts. Students will be encouraged to learn and understand alignment while being given room for self-expression through movement. 12 weeks.

Dates	Day	Time	Ages
1/11 – 3/29	W	5:45pm – 6:45pm	8 – 12

**Location:** Norwich Rec. Hall, 75 Mohegan Rd.  
**Fee:** \$120 Res. / \$130 Non-Res.  
**Instructor:** Martha Tornay

## Fencing Level 1

Fencing is a modern and exciting sport. It relies on the use of tactics and strategy as well as speed and skill while facing your opponent. The need to think quickly and adapt to constantly changing situations is key. In fact, the modern sport of fencing has been described as trying to play chess while running the 100-meter dash! This is a great class for the beginner fencer. All equipment will be provided. 6 weeks.

Dates	Day	Time	Ages
1/12 – 2/16	W	6:00pm – 7:00pm	10 & up
3/2 – 4/6	W	6:00pm – 7:00pm	10 & up

**Location:** Mahan Elementary School  
**Fee:** \$50 Res. / \$60 Non-Res.  
**Instructor:** Aaron Hughes

## Fencing Level 2

Fencing Level 2 is a step up from our Beginner Fencing Level 1. This new class will focus on more complex combinations of blade and footwork skills, in depth techniques, and strategies of the sport. Completion of Fencing Level 1 or other fencing experience is required. All equipment will be provided. 6 weeks.

Dates	Day	Time	Ages
1/12 – 2/16	W	7:00pm – 8:00pm	10 & up
3/2 – 4/6	W	7:00pm – 8:00pm	10 & up

**Location:** Mahan Elementary School  
**Fee:** \$50 Res. / \$60 Non-Res.  
**Instructor:** Aaron Hughes

## Beginner Tennis Lessons

Come join us at the courts and learn to play tennis! Class will focus on the forehand, backhand, serve and the game of tennis. Please bring a racket and a water bottle. 6 weeks.

Dates	Day	Time	Ages
1/12 – 2/16	W	6:30pm – 7:30pm	8 – 15
3/2 – 4/6	W	6:30pm – 7:30pm	8 – 15

**Location:** Teachers Middle School  
**Fee:** \$50 Res. / \$60 Non-Res.  
**Instructor:** Arthur Sculco

## Beginner Karate

Come learn to kick, strike, and block! Your child will learn traditional Karate values such as focus, respect, self-confidence, self-control, and self-defense. There will be opportunities to "belt-up" for students interested in furthering their karate skills. 12 weeks.

**Location:** Norwich Rec. Hall, 75 Mohegan Rd.  
**Fee:** \$45 Res. / \$55 Non-Res.  
**Instructor:** Sensei Josh Seals

## Tiny Champions Karate

Dates	Day	Time	Ages
1/14 – 2/18	Sa	8:00am – 8:30am	3 – 4
3/4 – 4/8	Sa	8:00am – 8:30am	3 – 4

## Little Champions Karate

Dates	Day	Time	Ages
1/14 – 2/18	Sa	8:45am – 9:30am	5 – 7
3/4 – 4/8	Sa	8:45am – 9:30am	5 – 7

## Youth Champions Karate

Dates	Day	Time	Ages
1/14 – 2/18	Sa	9:45am – 10:30am	7 – 13
3/4 – 4/8	Sa	9:45am – 10:30am	7 – 13



All program registrations can be  
done **ONLINE @**  
**NorwichCT.org/287/Recreation**



# Winter Basketball

## High School Open Gym NEW

Do you love basketball but have no interest in joining a competitive league? Join us every Tuesday at Teachers Middle School for open gym basketball. Come meet new friends, build on your skills and have fun!

**You must be a current High School student to register for this program. Registration is required to attend.**

Dates	Day	Time	Ages
1/10 – 2/28	Tu	6:00pm – 8:00 pm	High School Students
<b>Location:</b> Teachers' Memorial Global Studies Magnet Middle School			
<b>Fee:</b> \$30 Res. / \$40 Non-Res.			
<b>Instructors:</b> Division Staff			

## High School Recreational Basketball League

This league will be geared towards improving basketball skills through instruction and game play. Each week your child will participate in recreational games while getting fit, making new friends, and working on basketball skills. Registration fee includes coaching, games, and T-Shirt.

Dates	Day	Time	Ages
1/12 – 3/2	Th	6:00 – 9:00 pm	High School Students
<b>Location:</b> Teachers' Memorial Global Studies Magnet Middle School			
<b>Fee:</b> \$75 Res. / \$85 Non-Res.			
<b>Instructors:</b> Division Staff			



## Coaches Needed!

Have you ever wanted to influence your community? Coaches do just that! They are a crucial part of the success of this league. We are seeking parents, siblings, relatives, neighbors, and friends to help each participating child achieve a high level of skill, an appreciation for the values of discipline and sportsmanship, and an increased level of self-esteem. If interested please give our office a call at (860) 823-3791.



## Youth Basketball League

This league is geared towards teaching and improving basketball skills through developmental drills and game play. Instruction and coaching will focus on teaching children the fundamentals of basketball, as well as sportsmanship, teamwork, and fair play. Registration fee includes instruction, coaching, games and T-Shirt.

### Juniors

Dates	Day	Time	Ages
1/14 – 3/18	Sa	9:00am – 10:00am	8 – 10
1/14 – 3/18	Sa	10:00am – 11:00 am	8 – 10

### Seniors

Dates	Day	Time	Ages
1/14 – 3/18	Sa	11:00am – 12:00pm	11 – 13
1/14 – 3/18	Sa	12:00pm – 1:00pm	11 – 13

<b>Location:</b>	Kelly Middle School
<b>Fee:</b>	\$20 Res. / \$30 Non-Res.
<b>Instructors:</b>	DHW Staff

# Scan the QR code to register!



## Printmaking for Teens NEW

This course is designed to give teens exposure to the exploration of printmaking. Through instruction and demonstrations, students will learn a range of printmaking methods and approaches to making visual work through these methods. Students will make a range of original prints all while having fun and making new friends. The class is open to all skill levels. 6 weeks.

Dates	Days	Time	Ages
2/7 – 3/21	Tu	4:30pm – 5:30pm	13+
<b>Location:</b>	Norwich Rec. Hall, 75 Mohegan Rd.		
<b>Fee:</b>	\$50 Res. / \$60 Non-Res.		
<b>Instructor:</b>	Faith Satterfield		

## Food Explorers Dinner Club NEW

Join Food Explorers Dinner Club and make your own dinner each week! Improve your knife skills, learn more about food and cooking with these delicious recipes: Parmesan Herb Potato Cakes, Southwest Pinwheels, No-bake Veggie Pizzas, Skillet Vegetarian Pot Pie, and Orzo Pasta Salad and Greek Tacos. All recipes are nut free but may contain dairy and/or eggs.

Dates	Days	Time	Ages
1/13 – 2/17	F	5:30pm – 6:30pm	7 - 12
<b>Location:</b>	Norwich Rec. Hall, 75 Mohegan Rd.		
<b>Fee:</b>	\$75 Res. / \$85 Non-Res.		
<b>Instructor:</b>	Food Explorers Staff		

## CABS Babysitting Course

The new Child and Babysitting Safety (CABS) program from ASHI gives teenagers and young adults everything they need to know for safe and successful babysitting. From getting started with their business, to dealing with parents and children, to key safety, caregiving, and first aid tips, the magazine-format CABS guide and vlogger-style video make learning fun. Students should be at least 12 years old for this class. This class is approximately 4 hours long. Snacks and lunch are recommended for this course.

Dates	Days	Time	Ages
3/4	Sa	9:00am – 1:30 pm	12+
<b>Location:</b>	American Professional Educational Services, 1 Thames St in Norwich		
<b>Fee:</b>	\$65 Res. / \$75 Non-Res.		
<b>Instructor:</b>	American Professional Education Services Staff		



## Vacation Camps

### "Schools Out" Day Program

NPS has the day off but you still need to go to work? No problem! We are offering a fun and exciting alternative to hiring a babysitter. We will be offering programming from 8am – 4pm on school holidays and professional development days. Children will enjoy special activities, sports, crafts, on site entertainment and/or field trips! Please send your child with a snack, water bottle and lunch.

Date	Day	Time	Ages
2/21, 2/22, 3/10	Varies	8:00am – 4:00pm	5 – 12
<b>Location:</b>	Norwich Rec. Hall, 75 Mohegan Rd.		
<b>Fee:</b>	\$40 Res. / \$50 Non-Res. <b>per day</b>		
<b>Instructor:</b>	Recreation Dept. Staff		

### December Vacation Camp

Looking for something fun to do during Winter Vacation? Join us for a "Winter Wonderland" camp! Some of our outstanding summer camp and youth instructors will staff the week. Daily activities will include games, sports, crafts, special theme events, outdoor activities and more! Please send your child with a snack, water bottle and lunch.

Dates	Days	Time	Ages
12/27 – 12/30	Tu – F	8:00am – 4:00pm	5 – 12
<b>Location:</b>	Norwich Rec. Hall, 75 Mohegan Rd.		
<b>Fee:</b>	\$40 Res. / \$50 Non-Res. <b>per day</b>		
<b>Instructor:</b>	Division Staff		



### Amazing April Vacation Camp

Looking for something fun to do during April Vacation? Join us for an "April Adventure" camp! Daily activities will include games, sports, crafts, special theme events, outdoor activities and more! Please send your child with a snack, water bottle and lunch.

Dates	Days	Time	Ages
4/17 – 4/21	M – F	8:00am – 4:00pm	5 – 12
<b>Location:</b>	Norwich Rec. Hall, 75 Mohegan Rd.		
<b>Fee:</b>	\$40 Res. / \$50 Non-Res. <b>per day</b>		
<b>Instructor:</b>	Division Staff		



## Fitness and Wellness

### Yoga Basics

Yoga Basics is the perfect class for beginners or any student looking for a simpler practice. You will learn basic yoga poses, breath work, and mindfulness techniques. Modifications will be offered to accommodate all levels of ability. Benefits include increased flexibility, improved strength, and stress reduction. 6 weeks. **No class 1/16 or 2/20.** Please bring a yoga mat. If needed, one will be provided.

Dates	Day	Time	Ages
1/9 – 2/27	M	6:00pm – 7:00pm	13+
3/6 – 4/10	M	6:00pm – 7:00pm	13+
<b>Location:</b> Norwich Rec. Hall, 75 Mohegan Rd.			
<b>Fee:</b> \$45 Res. / \$55 Non-Res.			
<b>Instructor:</b> Michelle Vanase, Certified Yoga Teacher, CYT 500			

### Yoga for Chronic Pain

This class is designed to lessen the impact of chronic pain through use of yoga and meditation. Learn breathing exercises, strategies to improve strength, flexibility & balance, and improve body awareness! 8 weeks.

Dates	Day	Time	Ages
1/10 – 2/28	Tu	6:00pm – 7:15pm	16+
<b>Location:</b> Norwich Rec. Hall, 75 Mohegan Rd.			
<b>Fee:</b> \$55 Res. / \$65 Non-Res.			
<b>Instructor:</b> Kerri Redner LCSW, RYT			

### Ballroom Dancing

This class will focus on ballroom dance for beginners. These are partner dances, but you do not need a partner for this program. You will learn introductory steps and the basics of leading and following. Take your new learned skills to your next party or outing! 6 weeks.

Dates	Day	Time	Ages
1/10 – 2/14	Tu	6:00pm – 7:00pm	13+
<b>Location:</b> Rose City Senior Center, 8 Mahan Dr			
<b>Fee:</b> \$20 Res. / \$30 Non-Res.			
<b>Instructor:</b> Anna Podolsky			

### Financial Literacy

There's a lot for teens and young adults to learn about finances. Join the Chelsea Groton Bank team to hear about money management and the best account types for earning, spending and saving money. Attendees will also discuss financial goal-setting, how to monitor finances, and have a little fun too.

Dates	Day	Time	Ages
1/10 – 2/14	Tu	7:15pm – 8:00pm	17+
<b>Location:</b> Norwich Rec. Hall, 75 Mohegan Rd.			
<b>Fee:</b> FREE			
<b>Instructor:</b> Chelsea Groton Bank			

### Painting for All Levels

Join our local artist, Faith Satterfield for a creative painting program. Each week will focus on a new theme and a different painting medium. Participants will work with watercolors, acrylics and wooden projects with a focus on trying and learning. All materials will be provided. 6 weeks.

Dates	Day	Time	Ages
1/11 – 2/15	W	12:00pm – 1:00pm	13+
3/1 – 4/5	W	12:00pm – 1:00pm	13+
<b>Location:</b> Norwich Rec. Hall, 75 Mohegan Rd.			
<b>Fee:</b> \$60 Res. / \$70 Non-Res.			
<b>Instructor:</b> Faith Sutterfield			

### Adult Beginner Tennis Lessons

Come join our instructor and learn how to play tennis. Class will focus on the forehand, backhand, serve and the game of tennis. Bring a racket and a water bottle. 6 weeks.

Dates	Day	Time	Ages
1/11 – 2/15	W	7:00 – 8:00 pm	16+
3/1 – 4/5	W	7:00 – 8:00 pm	16+

<b>Location:</b> Teachers' Memorial Global Studies Magnet Middle School			
<b>Fee:</b> \$50 Res. / \$60 Non-Res.			
<b>Instructor:</b> Arthur Sculco			

### CPR & First Aid Certification Class

Reflecting the latest science and education from the 2020 AHA Guidelines for CPR and Emergency Cardiovascular Care (ECC), the AHA's Heart saver courses provide students the highest quality training in the lifesaving skills of first aid and CPR and use of an AED. This course empowers students to act with confidence in the event of an emergency at work, home, or in the community. Course is approximately 5.5 hours long.

Dates	Day	Time	Ages
2/18	Sa	9:00am – 2:30pm	16+
<b>Location:</b> American Professional Educational Services, 1 Thames St in Norwich			
<b>Fee:</b> \$105 Res. / \$115 Non-Res.			
<b>Instructor:</b> American Professional Educational Services			

### Winter Painting Workshop

Join the extremely talented Faith Satterfield for an afternoon of fun creating with family and friends! Get inspired by the natural beauty of winter and create your masterpiece that you can bring home and cherish forever. Great program for all skill levels. Light refreshments and non-alcoholic drinks provided.

Dates	Day	Time	Ages
1/29	Su	12:00pm – 2:00pm	16+
<b>Location:</b> Norwich Rec. Hall, 75 Mohegan Rd.			
<b>Fee:</b> \$75 Res. / \$85 Non-Res.			
<b>Instructor:</b> Faith Satterfield			

## 5th Annual Spring Egg-stravaganza

We are "hoppy" to offer our 5th Annual Spring Egg Hunt on Saturday April 1st at Dickenman Field from 10am-12pm. A safe egg hunt will be located throughout our recreation fields and broken up into small groups. Bring the whole family for a day of music, candy, fun, and to meet the Bunny!

Dates	Day	Time	Ages
4/1	Sa	10:00am – 12:00pm	All Ages

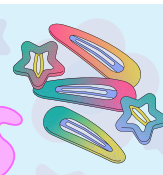
**Location:** Dickenman Field, 75 Mohegan Rd.  
**Fee:** FREE



Miranda...can you believe they think the year is 2023?  
**WHATEVER! It's 2000! Duh!**



00s



## 2000's "Y2K" Teen Dance

From butterfly clips and twisties to jamming out to the Spice Girls on your boombox, the 2000s were iconic! All 12-14 year olds are invited to attend our 2000's "Y2K" Teen Dance. There will be plenty of food, drinks and music to keep this party going! So dust off a pair of platform shoes and hiphugger jeans and get ready to dance the night away!

Dates	Day	Time	Ages
2/10	F	6:00pm – 9:00pm	12-14

**Location:** St. Marks Church, 248 Broadway  
**Fee:** FREE





# What else is happening...

## **"Teen Marijuana Use" Public Service Announcement (PSA)**

The NFA Prevention Council has helped write a PSA about the dangers of teen marijuana use and will be filming it afterschool on the Norwich Free Academy campus! Students have the chance to be in the film, or be a part of its making. This opportunity is open to all teens 14-18 years old, for more information contact Hannah Ornburn at [hornburn@cityofnorwich.org](mailto:hornburn@cityofnorwich.org).

## **Norwich Prevention Council & Otis Library Partnership**

The Norwich Prevention Council and Otis Library have a new partnership! In the main lobby at the Library is an informational table focusing on a variety of topics such as; mental health, impaired driving awareness, substance use, smoking, vaping, and more. Every month has a new theme that brings new information, local resources, and books for all ages on the topic. Check it out any time in the lobby at Otis! Reach out to Hannah Ornburn at [hornburn@cityofnorwich.org](mailto:hornburn@cityofnorwich.org) with any questions.

## **Norwich Prevention Council in collaboration with New London County Prevention Councils Presents: "Raising Healthy Kids in a Culture of Dependence" Webinar with Jessica Lahey**

Jessica Lahey is a bestselling author but also a mother, educator, and speaker. In her books, she talks about the importance of delaying a child's exposure to drugs and alcohol, and the things that did and did not work with her own children and students. This presentation is ideal for adults, parents, or guardians that want their students, or kids, stay healthy and happy. On February 15th from 7 to 8pm tune in to her webinar to learn more. Please feel free to reach out to Hannah Ornburn at [hornburn@cityofnorwich.org](mailto:hornburn@cityofnorwich.org) for more information.

## **Hidden In Plain Sight Training**

The Hidden In Plain Sight Training is meant for parents, teachers, and other adults to teach them how to be on the look out for drug and alcohol use in their home. This training will allow them gain insight into current teen drug use habits, paraphernalia, and more. This training will take place on **January 14th from 10am to 12pm at Otis Library**. Those in attendance will have the opportunity to participate in a raffle, and light refreshments will be provided.

## **Therapeutic Mentoring**

Ages 8-17

Mentoring is an opportunity for young people, and adolescents to meet weekly with a trained therapeutic mentor to develop healthy relationships and focus on goals such as life and social skills while engaging in activities of interest to the mentee. For more information, contact Erin Haggan, 860-823-3782 x3484 or email at [ehaggan@cityofnorwich.org](mailto:ehaggan@cityofnorwich.org)

## **Voices: A Program of Self-Discovery and Empowerment for Girls**

Ages 12-16 for Individuals that Identify as Female

Voices is a group program that addresses the unique needs of adolescent girls and young women. It encourages them to seek and celebrate their "true selves" by providing a safe space, encouragement, structure, and the support they need to embrace their journeys of self-discovery. The program includes modules on self, connecting with others, healthy living, and the journey ahead.

Mohegan Commons Learning Center **Tuesdays 4:00-5:30pm starting Jan 18, ending on March 22.**

## **Youth Action Council**

Attention students in Grades 8-12!

Would you like to make a difference in the community and address issues involving the citizens of Norwich? If so, now is the time to join the Norwich Youth Action Council. This program promotes youth leadership and responsibility through service work and community involvement. Meeting times and events schedule to be determined based on interest.

Please contact Erin Haggan, 860-823-3782 x3484 or [ehaggan@cityofnorwich.org](mailto:ehaggan@cityofnorwich.org) to learn more.

## **Circle of Security – For Parents, Foster Parents, and Childcare Providers**

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. This program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Using the COSP™ model developed by the Circle of Security originators, our trained Facilitators work with parents and care-givers to help them to understand their child's emotional world by learning to read emotional needs, support their child's ability to successfully manage emotions, enhance the development of their child's self-esteem, honor the innate wisdom and desire for their child to be secure.

Mohegan Commons Learning Center **Wednesdays 6-730 starting Feb 22, ending on March 29th.**



