

# North Stonington Today

North Stonington Recreation Commission

Winter 2010



Registration for Winter 2010 courses offered through North Stonington Recreation Commission is underway! There are many activities to choose from for children and adults. Courses this winter include Pilates and Movement; Kripalu Yoga; Co-Ed Volleyball; Power Yoga; Winter Indoor Soccer; Scrapbooking Crew for kids; 5<sup>th</sup> Grade Fun & Games; Recreational Basketball Program; Preschool Recreational Basketball; and Icky Sticky Class. **Register for classes by calling 535-2162. Checks should be made out to "NSRC".**

Registration/medical forms are available online ([www.northstoningtonct.gov](http://www.northstoningtonct.gov)) and in the Recreation Commission mailbox at the Holly Green Complex (next to Chelsea Bank and Curves).

Wheeler Library offers a variety of holiday programs for children 3 to 8 years old, as well as information about the January 2010 Story Time program for children up through 6 years old. Registration for Wheeler Library programs may be done in person at the library or by calling 535-0383. The Friends of Wheeler Library host the Annual Holiday Open House on *Sunday, December 6 from 4:00 to 6:00 pm*. This year the Friends are pleased to present the Mystic River Mud Band playing holiday tunes and Dixieland music beginning at 4:30 pm. Call the library for more information about any of these events.

## Annual Holiday Open House at Wheeler Library



Please join us at Wheeler Library on **Sunday, December 6** for the annual Holiday Open House sponsored by the Friends of Wheeler Library.

This year the Open House **begins at 4:00 pm and continues until 6:00 pm**, with plenty of refreshments and holiday cheer.

We are pleased to present the Mystic River Mud Band playing holiday tunes and Dixieland music from 4:30 to 6:00 pm. At 5:00 pm, Magician Zach Ivins will present a holiday magic show.

After the music and magic show, and the food and drink, plan to walk to the Village Green for the lighting of the Christmas tree and a visit from Santa Claus.



## Recreational Basketball Coaches Meeting

A meeting will be held on Tuesday, December 1 for all Rec Basketball coaches. Please meet at 5:30 pm at the Probate Court Room in the Holly Green Complex. League discussion and team selection will take place.

## November Events at Wheeler Library

To Alaska and Back! Join us on **Tuesday, November 17 at 7:30 pm** for a presentation from Pat and Mac Turner about their recent two-month drive to Alaska.



**Turkey Time** stories and crafts for children 3 to 8 years old will be held on **Thursday, November 19**. A morning session from 10:30 to 11:15 am will feature age appropriate stories and crafts for children 3 to 5 years old. The afternoon session from 3:30 to 4:15 pm is best suited for children 5 to 8 years old, but younger siblings are welcome to attend with adult caregiver to assist with craft projects. Please register for the Turkey Time program by Tuesday, November 17.

**Kripalu Yoga**

Instructor – Anne Nelson, M.A. RYT  
 Spirit7free@comcast.net

Interested in learning more about YOGA? Continuing your practice? Join us for Kripalu Yoga. Learn to love and nurture your body! An exploration of new postures, moon/sun salutations, stretching, breathing, and concluding with deep relaxation (shavasana). A yoga class for every “body”.

**Dates:** 10 Wednesday sessions – January 13, 20, 27, Feb 3, 10, 17, 24, March 3, 10, and 17. Snow date is March 24.  
**Time:** 5:30 to 6:45 pm  
**Location:** Elementary School Music Room  
**Fee:** \$80

**Pilates and Movement**

Instructor – Anne Nelson, M.A. RYT

Strengthen your core, tone, tighten, and stretch your body! A combination of yoga and pilates, this class utilizes all the muscle groups for a complete body workout. Please bring bands, weights, and a mat.

**Dates:** 10 Monday sessions - January 11, 18, 25, February 1, 8, 15, 22, March 1, 8, and 15. Snow date is March 22.  
**Time:** 5:30 to 6:45 pm  
**Location:** Grace Fellowship Evangelical Church (Rt. 184, North Stonington)  
**Fee:** \$80

If students take both yoga and pilates, they receive a discounted fee of \$128. Please call or email Anne Nelson with questions (535-0565 or spirit7free@comcast.net).



**Friends of Wheeler Library  
 Book & Art Sale**

The Friends of Wheeler Library will have a Holiday Book and Art Sale December 14 to December 19 during library hours. An eclectic selection of fine arts and handcrafted items will be offered for sale, along with a great selection of gently used books in all categories.



**Adult Recreation “Co-Ed” Volleyball**

This popular program for adults 18 and older is for those who enjoy moderately competitive, recreational play. The program will run through the school year in the Multi-purpose Room at the NS Elementary School.

**Dates:** Wednesdays, September 23 through June 90  
**Time:** 7:30 to 9:30 pm  
**Location:** NS Elementary School Multi-purpose Room  
**Fee:** \$10 for NS residents, \$15 for non-residents



Class is limited to 20 participants and a Medical Form is needed. Call 535-2162 to register.



**Snow Cancellation Alert**

If North Stonington cancels school or calls for early dismissal because of inclement weather, all town recreation activities are also cancelled.

**Power Yoga**

Instructor – Grace Lewis

Come and work out with lots of stretching, balance, and flexibility movements. This will wake up and revive your muscles, increase your energy level, and improve your concentration. This yoga will also help those who are involved in other athletic activities by lowering your chance for injury as you will be toning, strengthening, and stretching many different muscle groups. At the same time you can feel yourself letting go of your stress and you will begin to feel a new sense of recharging yourself. So bring a yoga mat and let’s get started working on those muscles. A medical form is required.

**Dates:** 10 Tuesday sessions – January 5, 12, 19, 26, Feb 2, 9, 23, March 2, 9, and 16. No class on Feb 16 and the snow date is March 10.  
**Time:** 6:00 to 7:30 pm  
**Location:** NS Elem School Multi-purpose Room  
**Fee:** \$40

**Preschool Crafts – It's Icky Sticky Class!**

Instructor – Holly McCord



An 8 week craft activity class for children ages 3 and 4 years old begins Saturday, January 10 and continues until Saturday, March 7. Activities may include seasonal or holiday crafts, painting, and sculpting.

Each child should wear play clothes and bring a smock or large T-shirt because some activities will be messy! A medical form is required for this program and a maximum of 8 children for the class.

**Dates:** Saturdays, January 8, 15, 22, 29, Feb 5, 12, 19, and 26. Snow date is March 6.

**Ages:** 3 and 4 year olds

**Time:** 10:30 to 11:30 am

**Location:** NS Elem. School Kindergarten Room

**Fee:** \$60 per child

**5<sup>th</sup> Grade Fun & Games**

Instructors – Mrs. Biekert &amp; Mrs. Hines

Are you interested in having some fun with other 5<sup>th</sup> graders after school doing projects, playing games, having scavenger hunts, and participating in contests? If so, then this class is for you! Every week we will be having a different activity you can do with your friends. So come and have some fun with Mrs. Biekert and Mrs. Hines. *Parents should pick up their child in the lobby at 4:30 pm.*

**Dates:** 8 Wednesday sessions – January 6, 13, 20, 27, February 3, 10, 17, and 24. Snow date is March 3.

**Ages:** 5<sup>th</sup> graders

**Time:** 3:30 to 4:30 pm

**Location:** NS Elem. School Room 210

**Fee:** \$40 per child, maximum of 20 in class

**North Stonington Dance Program**

Instructors - Joy M. Fidrych &amp; Justine Jacobson

At North Stonington Dance, dancing is about building self-esteem, providing a healthy work-out, and having fun. Classes are held at the Wheeler Middle School Cafeteria, and the class curriculum combines Ballet, Tap, and Jazz skills, as well as basic tumbling skills. Classes began in the fall and will run through May 18, with a Spring Dance Recital after the final classes. Please contact Joy Fidrych at 401-596-8642 if interested in registering your child for dance.

**Winter Indoor Soccer Program**

UK International Soccer Camps will again lead our Winter Indoor program.

*For children 5 to 7 years old:*

*"Skills 'n Thrills"* Technical development and skills building in a stimulating environment. Players will be challenged to consider basic tactical components at an age appropriate level, including attacking and defending principles.

*For children 8 to 12 years old:*

*"Compete with your feet"* Providing instructional and game related activities for the emerging youth soccer player. Challenging game related situations will be utilized to develop a player's technical ability and tactical knowledge.

**Dates:** Sundays, Feb 28, March 7, 14, 21, 28, and April 4. Snow date is April 11.

**Time:** 5 to 7 year olds: 12:30 to 2:00 pm

8 to 12 year olds: 2:00 to 3:30 pm

**Location:** Wheeler HS Gymnasium

**Fee:** \$50. Players will receive an individual evaluation highlighting specific strengths and areas for improvement.

A medical form is required for this program.

Find out more about UK International Soccer camps at their website: [www.uksocca.com](http://www.uksocca.com)

**The Scrapbooking Crew!**

Instructor – Stephanie Vaughn



Begin preserving memories of your childhood one page at a time. This will be a wonderful, entertaining, creative social hour to showcase your photos. We will each design our own unique scrapbook with decorative stickers, scissors, and backgrounds. Begin collecting photos from the holidays, of exceptional times with friends and family, vacations, sports, or any other special moment you can capture with your camera! A snack is provided. *Parents/caregivers need to pick up their child at 4:30 pm.*

**Dates:** 8 Tuesday sessions – January 5, 12, 19, 26, Feb 2, 9, 23, and March 2. Snow date is March 9.

**Ages:** 4<sup>th</sup> and 5<sup>th</sup> graders

**Time:** 3:30 to 4:30 pm

**Location:** NS Elem. School Room 213

**Fee:** \$45 per child. Maximum of 16 in class

## North Stonington Winter Recreational Basketball Program

The North Stonington Recreation Commission is offering Recreational Basketball for children in grades 1 through 8.

**Program Dates:** Basketball sessions begin Saturday, December 12 and continue until February 20. There are some Saturdays off due to vacation and previously scheduled events. Please save February 27 for a snow date and *there is no basketball on December 26*. Check with your child's coach for specific dates.

**Coaches Meeting:** Coaches meet on Tuesday, December 1 at 5:30 pm at the Probate Court Room in the Holly Green Complex. League discussion and team selection will take place.

### Program Times and Locations (this schedule is tentative):

Girls and boys in Grades 1 & 2	9:00 to 10:00 am	Wheeler Gymatorium
Girls and boys in Grades 3 & 4	10:00 am to 11:30 am	Wheeler Gymatorium
Girls in Grades 5, 6, & 7	11:30 am to 1:00 pm	ES Multipurpose Room -OR- Wheeler Gymatorium
Boys in Grades 5 & 6	11:30 am to 1:00 pm	ES Multipurpose Room -OR- Wheeler Gymatorium
Boys in Grades 7 & 8	-----To be announced -----	

- \*\* Note that additional practices will be held at the North Stonington Christian Academy and that some games will be held at the North Stonington Christian Academy and the Stonington COMO.
- \*\* Gym locations alternate throughout the season for the older grades – Coaches will provide a schedule with weekly locations.

### Fee:

\$40 for one child  
 \$30 for a second child  
 \$25 for third child in family  
 Family maximum of \$100  
 A shirt is included in price. Please be sure to indicate shirt size on registration/medical form.  
*Checks should be made payable to NSRC.*

### Registration Dates:

- November 7, Gymatorium, 10 am to noon
- November 14, Gymatorium 10 am to noon
- November 17, Elementary School,  
5:30 to 7:30 pm
- November 24, Elementary School,  
5:30 to 7:30 pm

**Last day to register is November 30. A \$10 late fee applies after this date.**

## Preschool Recreational Basketball

The emphasis for this program is on ball skills, learning the nature of the game, and good sportsmanship. The program is for children 4 and 5 years old. There is one session offered, with a maximum of 24 children in the session. *A medical form is required for this program.*

- Dates:** 8 Saturday sessions – January 2, 9, 16, 23, 30, Feb 6, 13, and 20.  
Snow date is February 27.
- Ages:** 4 and 5 year olds
- Time:** 10:30 to 11:30 am
- Location:** NS Elem School Multi-purpose Room
- Fee:** \$35 per child (includes T-shirt)



### Community Organizations and Contact Info

For information about the *North Stonington Garden Club* contact Dorothy Lohmann at 889-5543 or [dmlohmann@comcast.net](mailto:dmlohmann@comcast.net).

If you'd like information about *Girl Scouting* in North Stonington contact Julie Evans at 889-1636.

Are you interested in learning about citizenship, crafts, and community? Check out the *Junior Grange* for children ages 5 to 14. Meetings are held on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month at 6:30 pm. Contact Vilma Gregoropoulos (535-1677 or [vilmajg@att.net](mailto:vilmajg@att.net)) with questions.

Interested in *Cub Scouts* for your son? Contact Emily Knowles about North Stonington Troop 71 at [selwonk4@sbcglobal.net](mailto:selwonk4@sbcglobal.net)

For information about *Boy Scouts* (boys in grade 6 and up) contact John Bradshaw at 599-3654.

For information about local *4H groups*, contact Fran Wood (535-4375) about the Meadowlake 4H group or Jim Holdridge (535-2676) about the Butter and Beef 4H group.

### Winter Programs at Wheeler Library

#### **January 2010 Story Time Programs**

*Registration begins Monday, January 4.*

*Reading Together* (For children up to 24 months)

**Thursdays from 10:30 to 11:15 am.** This program is a fun interactive session for babies and toddlers with their adult caregivers. There will be plenty of board books, felt boards, songs, and nursery rhymes to keep the children entertained and each session concludes with free playtime. Meets January 14, 21, 28, February 4, 11, and 18.

*Time for Twos and Threes!* (ages 2 and 3)

**Wednesday mornings from 10:30 to 11:15 am.**

This session for child and caregiver will feature stories, songs, felt boards, and a weekly craft to make and take home. We'll try to keep the program interactive with felts and dances to keep everyone's focus between books. Our topics will look at shapes and how they can make up our favorite things...like circles can become snowmen and hearts can become a friendly Valentine! Meets January 13, 20, 27, February 3, 10, and 17.

*Wild about Winter* (For 4, 5, & 6 year olds)

**Thursday morning from 10:30 to 11:15 am.** This story time session will explore a variety of winter favorites, from snowmen and ice skating to penguins and polar bears! Meets on January 14, 21, 28, February 4, 11, and 18.

#### ***It's beginning to look a lot like Christmas***

(For children 3 to 8 years old)

Come join us on **Wednesday, December 2** to hear stories of the season, sing songs, and start on making holiday cards and crafts. A morning session will be held from *10:30 to 11:15 am for children 3 to 5 years old*. An afternoon session for *children 5 to 8 years old will be held from 3:30 to 4:15 pm*. Younger siblings are welcome to attend the afternoon session with an adult caregiver to assist.



#### ***Gingerbread Storytime***

(For children 3 to 8 years old)



Come join us on **Tuesday, December 8** to read some gingerbread themed stories, do a cute gingerbread man craft, and then decorate a cookie to eat or take home! A morning session will be held from *10:30 to 11:15 am for children 3 to 5 years old*. An afternoon session for *children 5 to 8 years old will be held from 3:30 to 4:15 pm*. Younger siblings are welcome to attend the afternoon session with an adult caregiver to assist them.

Please call the library (535-0383) to register for the holiday story time programs before December 1.

North Stonington Recreation Commission  
Members

Steve Aiello                      Kip Taylor  
Ted Condon                      Dennis Walley  
Emerson Rusich

John Hines, Recreation Director, 535-2162  
Email: [nsrecplay@sbcglobal.net](mailto:nsrecplay@sbcglobal.net)

All correspondence should be mailed to:

Recreation Commission  
Old Town Hall  
40 Main Street  
North Stonington, CT 06359



**How do I register for a class?**

Please leave any registrations and any recreation correspondence in our white mailbox at the Holly Green Complex (next to Chelsea Bank and Pollywogs). Extra registration forms and brochures are available next to the mailbox and on-line at [www.northstoningtonct.gov](http://www.northstoningtonct.gov).

Remember to make checks payable to "NSRC."



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If North Stonington cancels school or calls for early dismissal because of inclement weather, all town recreation activities are also cancelled.

Recreation Commission  
40 Main Street  
North Stonington, CT 06359

STANDARD RATE

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