

New London events

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Joseph Addison

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Mayor's Corner

Dear New London Residents and Visitors,
Welcome to New London Events, an overview of New London's city government, departments, and services. In this helpful magazine, you will find a listing of events that will occur in the next two or three months.

With spring here and summer on its way, this is an ideal time to explore the outdoors at New London's parks and beaches.

If it's history you are interested in, make sure you take the opportunity to visit Fort Trumbull State Park, completed in 1777 and named for Governor Trumbull. This is an amazing fort that so many local people have yet to visit. In 1781, during the American Revolutionary War, it was attacked and captured by British forces under

the command of Benedict Arnold. Also, be sure to visit the Custom House Museum, where the Amistad story began. And don't forget about the lighthouse tours offered by the New London Maritime Society and Cross Sound Ferry.

New London is a center for arts and entertainment, as well. Be sure to visit our galleries, museums, musical venues, and restaurants.

There is not a lack of exciting activities and events in our city. You are always welcome. Please come and enjoy!

With warm regards,
Mayor Michael Passero



Mayor Michael Passero

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www.eventsmagazines.com

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New London Youth Affairs

NEW LONDON YOUTH AFFAIRS

New London Youth Affairs is a Youth Service Bureau which promotes positive outcomes for children, youth, and families by supporting a wide range of comprehensive services and collaborations.

EARLY CHILDHOOD PROGRAMS

EARLY CHILDHOOD FAMILY CENTER

FREE playgroups for children 8 months- 4 years old with a parent or other caregiver. The Family Center offers a variety of playgroup themes throughout the week including dance, music, art, science, gross motor and discovery. Guest entertainers, field trips, and parent workshops are scheduled. The program supports the children's developmental milestones and assisting towards pre-school placements. Parent resources and individual appointments are available for assistance in finding childcare and meeting family educational, health, and social service needs, including food, diapers, clothing. Programs are in collaboration with Child and Family Agency Family Resource Centers. Go to www.newlondon-youthaffairs.org for schedule of programs. Call 860-447-0459 or email tsalcedo@ci.new-london.ct.us for more information. A staff member will review registration packet and program information at the first session families attend. Supported by Palmer Fund, Shea Trust, Dime Bank Foundation, Charter Oak Credit Union,

Veolia Water Authority, Community Development Block Grant, Department of Education, NL Elks Club, Community Foundation of Eastern CT donor designated, Letz Foundation, Eastern CT Realtors Association, and Electric Boat Employees Association.

DATE: Monday-Friday, varied

programs (attendance days flexible)

TIME: 10:00 am

AGE: 8 months-4 years old

LOCATION(S): Martin Center, 120 Broad St, and Family Resource Centers at Winthrop, Nathan Hale, and Winthrop Elementary Schools, call/ email/website for location schedule.

FEE: FREE



FAMILY AND COMMUNITY PROGRAMS

WHALE'S TALES CHILDREN'S BOOK BANK

DATE: Monday-Friday

TIME: 9:00 am- 4:00 pm

AGES: All

LOCATION: The Martin Center, 120 Broad St, mezzanine floor.

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FEE: FREE

Whale's Tales provides free books to children and their families, teachers and youth serving organizations, through visits, programs, and literary events. You are welcome to come in and choose books for your family or donate gently used children's books. Supported by NL Kiwanis.

PARENT LEADERSHIP UCONN PEP

(People Empowering People) COURSE

DATE: Thursdays (March 24- June 9)

TIME: 5:30 pm-8:00 pm

AGE: Parents and Community Residents

LOCATION: Bennie Dover Jackson Middle School

FEE: FREE classes/ Free Childcare/ Free Dinner

The parent leadership course trains parents and other community adults to advocate for children in the schools and community.

The program includes communication skills, problem solving, leadership, community assessment, and action planning. Trainees will complete community projects. Refreshments provided.

Supported by UCONN Extension, Liberty Bank Foundation, LEARN Quality Enhancement; partnering with Bennie Dover Jackson Middle School and Children First New London.

TEENS

TIA (TEENS IN ACTION)

DATE: October 2015-June 2016, Mon-Fri

TIME: After school

AGE: Grades 9-11

LOCATION: Martin Center, 120 Broad Street

FEE: FREE

TIA targets high school graduation and employability. Program includes academic support, employability development, internships, community service, leadership, college tours, excursions, individualized success plans, and meals. Supported by Community Foundation of Eastern CT, Bodenwein Foundaton, Chelsea Groton Foundation, Pfizer, Chelsea Groton Foundation, Department of Education, Community Foundation donor designated, Electric Boat Employees Association, NL Elks Club; partners with NL Public Schools and CT College.

C.O.O.L. (Careers Of Our Lives) DIRECTIONS

DATE: September 2015-June 2016

TIME: After school

AGE: Grades 11-12

LOCATION: Martin Center, 120 Broad Street

FEE: FREE

This program targets high school age juniors and seniors who meet eligibility criteria attending New London High School, Grasso Technical High School and Science & Technology Magnet High School. COOL assists with the following: career and educational guidance, job seeking skills and portfolio development, driver's education support, and work based learning experiences such as jobs, internships and job shadowing. Funding is provided through Eastern Connecticut Workforce Investment Board (EWIB) and EASTCONN.

TEEN EMPLOYMENT

DATE: Ongoing

TIME: Varies

AGE: 14-21

LOCATION: Various sites

Interested in a summer job? Although funding for this program has not been confirmed, applications will be available this spring. Please call the office for more information. Supported with funds through the Eastern Connecticut Workforce Investment Board via EASTCONN.

NEW LONDON COMMUNITY AND CAMPUS COALITION (NLCCC) MEETINGS

DATE: 3rd Wednesday of each month, from September 2015-June 2016

TIME: 11:30 am

AGE: All community members are welcome age 12 & up

LOCATION: 120 Broad Street, New London, Martin Center, 1st floor,

FEE: FREE

The goal of the Coalition (NLCCC) is to engage the New London community in combating risky behaviors and reduce use and abuse of alcohol, tobacco, marijuana, and prescription drugs by promoting healthy, vibrant, and productive lifestyles for teens. NLCCC targets this goal through public education, promoting positive programming, enforcement of laws, social marketing,

Continued on page 7



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9:00 AM START

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HIGH SCHOOL

REGISTER BY
APRIL 15

AGE DIVISIONS

Ages 5-6 Ages 7-8
Ages 9-10 Ages 11-13
Ages 14-17

Register online, mail in the form or stop in at NL Rec, Ledyard P & Rec, Groton P & Rec, or Norwich Rec.

\$15 per child plus \$10 for USAT membership if needed (1 time yearly fee which covers all triple crown events)

Can you run and ride a bike?
Are looking for a new challenge?

We have different distances for each age group. This is a family friendly event where we encourage all abilities to enter and complete the course. Timing splits will be recorded for all 5 areas and medals will be awarded to every finisher. Music and food will follow at the Sports Complex. Everyone will run and bike on closed roads/trails. Training wheels can be used. Helmets are required for all. This is one of three events to earn a special "Triple Crown" prize if you compete in all three this summer! Trophies for the top two male and female participants in each division. RFID timing by Time to TRI. Register by April 15 to guarantee race t-shirt and personalized bib. Register at:

<https://runsignup.com/Race/CT/NewLondon/ProudtoDUIt>

Triple Crown Registration \$50 + USAT membership
Norwich Splash and Dash 6/25; Proud to TRI 9/10

New London Recreation
860-447-5230



Norwich Recreation
860-823-3791



Ledyard Parks and Rec
860-464-9112



Groton Parks and Rec
860.536.5680



QR CODE

DISTANCES

Ages 5-6 Run .3 miles Bike 1 mile Run .3 miles
Ages 7-8 Run .7 miles Bike 1 mile Run .7 miles
Ages 9-10 Run .7 miles Bike 2 miles Run .7 miles
Ages 11-14 Run 1 mile Bike 2 miles Run 1 mile
Ages 15-17 Run 1 miles Bike 4 miles Run 1 mile



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NEW LONDON, CT 06320

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Sex _____ Date of Birth _____
Phone _____
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I acknowledge that I am knowingly and voluntarily participating in this activity and/or program that is conducted by or sponsored by the New London Recreation Dept, Norwich Rec, Ledyard Parks and Rec, & Groton Parks and Rec. I acknowledge there are inherent risks associated in participating in this activity or program and as such I, (and I on behalf of my minor child) hereby release and hold harmless the City of New London, the Recreation Department, Ledyard Parks and Rec, Norwich Rec, Groton Parks and Rec, and Time to TRI, their employees, elected and appointed officials and volunteers from and against any and all liability, claims, injuries and property damage that may occur. If my emergency contact cannot be reached in the event of an emergency, I grant permission to the physician selected by the New London Recreation Department to initiate, order and perform any and all emergency medical care for myself or my minor child.

**Email : _____
**Race instructions will be sent here as well as confirmation of registration

Signature of parent or guardian if under 18 _____ Date _____

Check if TRIPLE CROWN REGISTRATION \$50 +USAT \$10

New London Youth Affairs ... continued from page 5

and policy change. NLCCC is supported by the Substance Abuse and Mental Health Services Administration (SAMHSA), and Southeastern Regional Action Coalition (SERAC). Please call 860-442-1497, e-mail nlccc@ci.new-london.ct.us, and like us on Facebook.

NEW LONDON JUVENILE REVIEW BOARD (JRB)

DATE: Monthly
AGE: 10-17 Years of age
FEE: FREE

The New London JRB was created to divert first-time, City of New London, youth offenders from the Juvenile

Justice System, for minor offenses and who meet the criteria. The JRB connects referred youth with local services and resources, appropriate for their needs. JRB's are confidential. Supported by Connecticut Youth Services Association, Department of Children and Families, Southeastern Regional Action Coalition; partners with New London Police Department, New London Public Schools, and Waterford Juvenile Court, and other agencies. Please call 860-442-1497 or e-mail nlccc@ci.new-london.ct.us for more information.

SADD (STUDENTS AGAINST DESTRUCTIVE DECISIONS)

DATE: School year;
September – June, weekly
TIME: After school
AGE: Grades 6-8
LOCATION: BDJMS and ISAAC
FEE: FREE
Young people participate in prevention, community service, and leadership opportunities. SADD is supported by Southeastern Regional Action Coalition and SAMHSA, in partnership with New London Public Schools and ISAAC. Please call 860-442-1497 or e-mail nlccc@ci.new-london.ct.us for more information.

Recreation Registration Information

Registration is required for all programs. If the class does not reach its minimum enrollment, it will be cancelled. The Recreation Department reserves the right to cancel any program. Participants will be notified of all cancellations. Full payment of fees on all activities and classes must be made at the time of registration. Checks are payable to the "CITY OF NEW LONDON." Cash, check, money order, MasterCard, or Visa accepted. No payment may be made over the phone. Recreation Division programs only may register online at www.newlondonrec.com or stop in our office at 120 Broad Street in the Martin Center building 8:30 am - 4:00 pm Mon-Fri. Call 860-447-5230 with any questions.

REFUND/CANCELLATION POLICY

If the Recreation Department cancels a program/class, then a full refund will be given. Should an individual decide to drop out of a course he/she has already paid for, a refund request must be made prior to the first class session and will be assessed a \$10.00 processing fee. If a session is cancelled due to weather or other problems, an effort will be made to schedule a make-up session. If a make-up session can not be scheduled, no partial refund will be made. Whenever school is cancelled or closes early, programs taking place at a school location will be cancelled.

PARKS IN NEW LONDON

PARK	LOCATION
Winthrop School Field	Grove St
Riverside Park	Crystal Ave
Caulkins Park	Crescent St
Toby May Park	Ocean Ave
Mercer Park	Willets Ave
Bates Woods Park	Jefferson Ave

Mahan Park	Broad St/Vauxhall St
Williams Park	Broad St/Williams St
Williams Memorial Park	Hempstead St/Broad St
Mitchell Park	Montauk Ave
Green Harbor Park	Pequot Ave
Bartlett Park	Broad St/Ct Ave
Blackhall Park	Blackhall St/CT Ave/Garfield Ave
Fulton Park	Crystal Ave

FACILITY RENTAL

To obtain permission/reserve a facility (parks, fields, pavilions, and meeting rooms/gymnasium), a representative must attend the Parks and Recreation Commission meeting at least one month prior to the event. This includes birthday parties and family reunions under the park pavilions. Meetings are held the first Wednesday of each month at 6:30 pm in the New London Senior Center Library.

Scheduling permits must be completed, signed, fees paid (if applicable) and copy of certificate of insurance provided prior to use of any facility. All forms need to be completed at the Recreation Department. Group rentee must follow and respect all facility rules and noise ordinances.

YOUTH SPORTS LEAGUES

NL Youth Soccer Club	
www.newlondonsoccerclub.org	860-324-6211
NL Little League	
www.newlondonlittleleague.com	860-405-5470
NL Youth Lacrosse	
www.nlyouthlacrosse@gmail.com	860-235-6959

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NL Youth Football & Cheerleading
www.nlyouthfootballleague.com 860-625-5861
NL Babe Ruth
www.newlondonbaberuth.org 860-984-3333

NL American Legion 860-444-7883
NL Youth Wrestling
nlwrestlingclubs@gmail.com 860-287-0526

Recreation Guide

DANCE FOR ALL AGES AND GYMNASTICS

TAP DANCE

DATE: Tues & Thurs, May 10- June 30, 2016
Tues & Thurs, July 12 - Sept 1, 2016
TIME/AGE: 6:30-7:30 pm Ages 4-6, 7-10, 11-15
LOCATION: Martin Center Dance Room
FEE: \$40.00 for 8 week session residents
\$45 nonresidents

INSTRUCTOR: Amanda Darling
Beginner and intermediate tap dance lessons. Program runs throughout the school year. Class meets 2 times per week. Tap shoes required. Bring a water bottle and wear comfortable clothes to dance in.

BALLET

DATE: Tues & Thurs, May 10-June 30, 2016
Tues & Thurs, July 12-Sept 1, 2016
TIME/AGE: 5:30-6:15 pm / 4-6 yr & 7-10 yr old
LOCATION: Martin Center Dance Room
FEE: \$40.00 for 8 week session residents
\$45 nonresidents

INSTRUCTOR: Amanda Darling
Beginner and intermediate ballet lessons. Program runs throughout the school year. Class meets 2 times per week for each age group. Ballet shoes required. Bring a water bottle and wear comfortable clothes to dance in.

HIP HOP DANCE LESSONS

DATE: Tues & Thurs, June 14-Aug 4, 2016
Tues & Thurs, Aug 16-Oct 6, 2016
TIME: 5:30-6:30 pm
AGE: Girls and boys 5-12 yrs. old
LOCATION: Martin Center Ceramics Room
FEE: \$50 Resident/ \$55 Non-resident- 8 wk session

INSTRUCTOR: Monica Lee Fish
Children will learn basic exercise based dance moves to clean edited hip-hop music in a fun upbeat environment. Each student will be required to bring a water bottle, comfortable athletic clothing and shoes. No shoes by participants or spectators allowed in the dance room.

HIP HOP DANCE TEAM

DATE: Tues & Thurs, June 14-Aug 4, 2016
Tues & Thurs, Aug 16-Oct 6, 2016
TIME: 6:30-7:30 pm
AGE: Boys and Girls 7yrs and up
LOCATION: Martin Center Ceramics Room
FEE: \$40 Resident/\$45 nonresident- 8 wk session
INSTRUCTOR: Monica Lee Fish

All participants will learn choreographed dance routines. Requirements for each class include water bottle, comfortable athletic clothing and shoes. Participants new to the team will have tryouts on the first day of class. Call to register for tryouts 860-447-5230. Uniforms an additional cost - approx. \$35/ participant-fundraising available to help with uniform fee.

SUMMER CAMP PROGRAMS

SKYHAWKS CAMP - TENNIS CAMP

DATE: Monday-Thursday, June 20-23, 2016
TIME: 5:30-7:30 pm
AGE: 7-12 yrs. old
LOCATION: New London High School Tennis Courts
FEE: \$39

Skyhawks tennis camp is the perfect program for young athletes who want a complete introduction or for those who simply want to brush up on their skills in preparation for league play. Through our "skill of the day" activities, campers will learn skills including the core components of forehand, backhand, and serving- all presented in a fun and positive environment. Skyhawks tennis is recommended for beginning to intermediate athletes. This program does not register on the New London Recreation website. Visit www.skyhawks.com to register.

NEW LONDON'S GOT TALENT

DATE: Mon-Fri, June 27-July 1, 2016
TIME: 9:00 am -3:00 pm (before and after care available for additional fee)
AGE: 6-18 yrs old
LOCATION: Martin Center Ceramics Room
FEE: \$40 per resident/ \$45 nonresident
INSTRUCTOR: Tera Feigen

1 week program starting June 27-July 1; 9:00 am-3:00 pm; where youth ages 6-18 work on their special talent and how to perform on stage. Any and all talents welcome, seeking a range of different and especially whacky talents. We will produce our own episode

of New London's Got Talent to be performed the evening of the last day of camp.

SPORTS CAMP

DATE: Monday-Friday, June 27-July 1, 2016
TIME: Before care 7:00-9:00 am at Martin Center (Optional)
Regular program- 9:00 am – 3:00 pm at park
After care 3:00-5:00 pm at Martin Center (Optional)
INCLUDED: All breakfast and lunch meals are included free; 10:1 ratio children to staff;
AGE: 4 - 10 years old
LOCATION: Nathan Hale Magnet School RAIN or SHINE!
FEE: \$35 residents *Before and After Care extra/\$75 nonresidents

INSTRUCTOR: Recreation Staff
Various sports will be played every day. New London residents. Proof of residency is required in the office prior to the start of the program. Copy of license can be emailed to ldelucca@ci.new-london.ct.us when you register online. Call for other options of proof of residency. Breakfast and lunch are provided to everyone. Children can be bused for before care free of charge from the 6 bus stops around town. All children in after care must be picked up by 5:00 pm at the Martin Center. Space limited to 100 children per week. If there are openings, we will take registration up until the Wednesday prior to the scheduled week until 4:00 pm.

COOKING AND ARTS CAMP

DATE: Monday-Friday, June 27-July 1, 2016
TIME: Before care 7:00-9:00 am at Martin Center (Optional)
Regular program- 9:00 am – 3:00 pm at Martin Center
After care 3:00-5:00 pm at Martin Center (Optional)
INCLUDED: All breakfast and lunch meals are included free; 10:1 ratio children to staff;
AGE: 4 - 10 years old
LOCATION: Martin Center RAIN or SHINE!
FEE: \$35 residents *Before and After Care extra/\$75 nonresidents

INSTRUCTOR: Recreation Staff
Art projects each day, cooking, how to read recipes, measuring, etc. will all be done. Each child will create a small cookbook to bring home at the end of the week. New London residents. Proof of residency is required in the office prior to the start of the program. Copy of license can be emailed to ldelucca@ci.new-london.ct.us when you register online. Call for other options of proof of residency. Breakfast and lunch are provided to everyone. Children can be bused for before care free of charge from the 6 bus stops around town. All children in after care must be picked up by 5:00 pm at the Martin Center. Space limited to 100 children per week. If there are openings, we will take

registration up until the Wednesday prior to the scheduled week until 4:00 pm.

ADVENTURE CAMP

DATE: Monday-Friday, June 27-July 1, 2016
TIME: Before care 7:00-9:00 am at Martin Center (Optional)
Regular program- 9:00 am – 3:00 pm at park
After care 3:00-5:00 pm at Martin Center (Optional)
INCLUDED: All breakfast and lunch meals are included free; 10:1 ratio children to staff;
AGE: 7-12 years old
LOCATION: Winthrop Magnet School RAIN or SHINE!
FEE: \$35 residents *Before and After Care extra/\$75 nonresidents

INSTRUCTOR: Recreation Staff
Geocaching, letterboxing, hiking, rock climbing, etc. will keep your children in motion during this outdoor adventure camp. New London residents. Proof of residency is required in the office prior to the start of the program. Copy of license can be emailed to ldelucca@ci.new-london.ct.us when you register online. Call for other options of proof of residency. Breakfast and lunch are provided to everyone. Children can be bused for before care free of charge from the 6 bus stops around town.

Continued on page 10



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healingwithhorset.org**

Recreation Guide ... continued from page 9

All children in after care must be picked up by 5:00 pm at the Martin Center. Space limited to 100 children per week. If there are openings, we will take registration up until the Wednesday prior to the scheduled week until 4:00 pm.

SKYHAWKS CAMP - MINI HAWK PROGRAM

(soccer, baseball & basketball)

DATE: Monday-Thursday, June 27-30, 2016
TIME: 5:30-7:30 pm
AGE: 4-7 yrs. old
LOCATION: Nathan Hale Arts Magnet Elem School Field
FEE: \$39

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes. This program does not register on the New London Recreation website. Visit www.skyhawks.com to register.

SKYHAWKS CAMP- MULTI-SPORT PROGRAM

(soccer, basketball & flag football)

DATE: Monday-Thursday, June 27-30, 2016

TIME: 5:30-7:30 pm
AGE: 7-12 yrs. old
LOCATION: Nathan Hale Elem School Field
FEE: \$39

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine soccer, basketball and flag football into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline. This program does not register on the New London Recreation website. Visit www.skyhawks.com to register.

STORYTIME ACTORS

DATE: Mon-Fri, July 5-July 8, 2016
TIME: 9:00-3:00 pm; (before and after care available for additional fee)
AGE: 4-7 years
LOCATION: Martin Center- Ceramics Room
FEE: \$40 residents/ \$45 nonresidents
INSTRUCTOR: Tera Feigen

Does your little one love to read, imagine, and make up stories? In this fun and creative class, your preschooler/kindergartener will be delighted as they're guided by a professional actor from NYC to write their own stories and watch them come to life as the stories are acted out with them in it! This one is a guaranteed hit, so please register early.

BUS STOP SCHEDULE FOR BEFORE CARE PICKUP

June 27-August 12
7:00 am Pickup at Willets/Ocean Ave
7:08 am Pickup Montauk/Denison
7:18 am Pickup Crystal Ave
7:27 am Pickup Hawthorne/Bayonet
7:35 am Pickup NLHS gym

4 & 5 YEAR OLD SUPERVISED SUMMER PLAYGROUND PROGRAM

DATE: Monday-Friday, July 5-Aug 12, 2016
TIME: Before care 7:00-9:00 am at Martin Center (Optional)
Regular half day program- 9:00 am – 1:00 pm at Jennings Elem School
After care 1:00-3:00 pm at Jennings Elem School (Optional)
New Enrichment option- Fun Science – 9:30-12:30 pm - extra fee
INCLUDED: All breakfast and lunch meals are included free; 6:1 ratio children to staff; free busing from 6 stops around town to before care.

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AGE: 4 - 5 years old as of July 5, 2016
 LOCATION: Jennings Elementary School RAIN or SHINE!
 FEE: \$35 per week residents**Before and After Care
 extra/\$75 nonresidents
 \$20 Fun Science option- week of July 25

INSTRUCTOR: Recreation Staff
 New London residents - Proof of residency is required in the office prior to the start of the program. Copy of license can be emailed to ldelucca@ci.new-london.ct.us when you register online. Call for other options of proof of residency. Breakfast and lunch are provided to everyone. Includes swimming at Ocean Beach. Please send your child dressed in their swim suit with a towel on Wednesdays. Activities include daily arts and crafts, playing on the playground, board games, special events, group games, and story time. Children can be bused for before care ONLY free of charge at the bus stops located in the chart. See BUS STOP SCHEDULE, page 10. All children in after care must be picked up by 3:00 pm at Jennings Elementary School. Space limited to 60 children per week. If there are openings, we will take registration up until the Wednesday prior to the scheduled week until 4:00 pm.

6-10 YR OLD SUPERVISED SUMMER PLAYGROUND PROGRAM



DATE: Monday-Friday, July 5-Aug 12, 2016
 TIME: Before care 7:00-9:00 am at Martin Center (Optional)
 Regular program- 9:00 am – 3:00 pm at park
 After care 3:00-5:00 pm at Martin Center (Optional)
 New Enrichment options of Robotics/ Solar
 Robotics - 12-3 pm - extra fee

INCLUDED: All breakfast and lunch meals are included free; 10:1 ratio children to staff; free busing from 6 stops around town to before care

AGE: 6 - 10 years old as of July 5, 2016
 LOCATION: Nathan Hale and Winthrop RAIN or SHINE!
 FEE: \$35 per week *Before and After Care
 extra/\$75 nonresidents
 \$20 Before or After care fee
 \$25 Robotics option (week of July 11)/ \$30
 Solar robotics option (week of July 18)

INSTRUCTOR: Recreation Staff
 New London residents - Proof of residency is required in the office prior to the start of the program. Copy of license can be emailed to ldelucca@ci.new-london.ct.us when you register online. Call for other options of proof of residency. Breakfast and lunch are provided to everyone. Includes swimming at Ocean Beach. Please send your child dressed in their swim suit with a towel on beach day. Activities include daily arts and crafts, playing on the playground, board games, special events, and group games.

Continued on page 12

CITY OF NEW LONDON TELEPHONE DIRECTORY

Animal Control	860-447-5231
Board of Education	860-447-6009
City Clerk	860-447-5205
City Council	860-447-5202
City Pier	860-443-3786
City Planner	860-437-6380
Collector of Revenues/Tax Collector	860-437-6319
Credit Union-NL Municipal Employee	860-447-1585
Development & Planning (DP).....	860-447-5203
DP Community Development/Lead	860-437-6346
DP Housing Rehab Coordinator	860-437-6327
DP Loan Specialist	860-447-5243
DP Neighborhood Coordinator	860-437-6394
DP Zoning/Wetlands Enforcement Officer	860-437-6381
Economic Development.....	860-437-6309
Finance Assessor	860-437-6317
Finance Director	860-447-5218
Finance Purchasing Agent.....	860-447-5215
Fire Department.....	860-447-5291
Fire Dispatch	860-447-5268
Fire Inspector.....	860-440-6665
Fire Marshal.....	860-447-5294
Fire Station Headquarters (Station 1).....	860-440-6671
Fire Station North (Station 2).....	860-437-6340
Fire Station South (Station 3)	860-437-6341
Harbor Master.....	860-443-6304
Housing Authority	860-443-2851
Information Technology	860-447-5212
Ledge Light Health District	860-448-4882
Library.....	860-447-1411
Mayor's Chief Administrative Officer	860-440-6691
Mayor's Executive Assistant.....	860-440-6690
Mayor's Office	860-447-5201
Ocean Beach Park	860-447-3031
Parking Garage	860-443-1775
Personnel	860-447-5210
Personnel Administrator	860-447-5235
Personnel Benefits & Pension Administrator ..	860-440-6662
Personnel Chief Examiner/Labor Assistant	860-447-5211
Police Detectives	860-447-1481
Police Dispatchers.....	860-447-5269
Police Evidence Officer	860-447-5286
Police Records	860-447-5282
Police Shift Commanders	860-447-5281
Probate Court	860-443-7121
Public Utilities	860-447-5221
Veolia Water (water and sewer)	860-447-5222
Public Works (PW)	860-447-5250
PW Assistant Director, Engineering.....	860-440-6645
PW Building Official.....	860-440-6644
PW Buildings/Solid Waste/Fleet Manager	860-447-5258
PW Engineering Technician.....	860-447-5241
PW Highway/Parks Manager.....	860-447-5237
PW Housing Property & Construction Inspector	860-437-6342
PW Solid Waste Transfer Station	860-447-5248
PW Traffic Office.....	860-447-5280
Recreation Department	860-447-5230
Registrar of Voters.....	860-447-5206
Senior Center	860-447-5232
Tax Office.....	860-447-5208
Youth Affairs.....	860-442-4994

Recreation Guide ... continued from page 11

Children can be bused for before care free of charge from the 6 bus stops around town. All children in after care must be picked up by 5:00 pm at the Martin Center. Space limited to 100 children per week PER SITE. If there are openings, we will take registration up until the Wednesday prior to the scheduled week until 4:00 pm. Register early to guarantee your site choice is available!

SKYHAWKS CAMP - TRACK AND FIELD CAMP

DATE: Monday-Thursday, July 18-21, 2016
TIME: 5:30-7:30 pm
AGE: 7-12 yrs old
LOCATION: NLHS- Sports Complex Track
FEE: \$39

Skyhawks track and field is the perfect program for young athletes who want a complete introduction or for those who simply want to brush up on their skills in preparation for a track team. The essentials of running, throwing, and jumping are taught in a safe, structured environment with lots of encouragement and a big focus on fun. This program does not register on the New London Recreation website. Visit www.skyhawks.com to register.

FRIDAY NIGHT LIVE

DATE: Mon-Fri, July 18-22, 2016
TIME: 9:00-3:00 pm; (before and after care available for additional fee)

AGE: 9-18 yrs old
LOCATION: Martin Center Ceramics Room
FEE: \$40 per resident/ \$45 nonresident
INSTRUCTOR: Tera Feigen

1 week program starting July 18-22; 9:00 am-3:00 pm; where youth ages 9-18 will produce our own SNL show to be performed before a live audience on the evening of the last day of camp. The show will include sketch comedy, news desk, and a musical guest. This will be produced from start to finish in one week, just as it is done for the real show. Students may register who are interested in writing, acting or production.

SKYHAWKS CAMP - BASKETBALL CAMP

DATE: Monday-Thursday, August 1-4, 2016
TIME: 5:30-7:30 pm
AGE: 6-10 yrs. old
LOCATION: Toby May Park Basketball Courts
FEE: \$39

Skyhawks basketball camp is the perfect program for young athletes who want a complete introduction or for those who simply want to brush up on their skills in preparation for being on a team. The essentials of shooting, dribbling, and passing are taught in a safe, structured environment with lots of encouragement and a big focus on fun. This program does not register on the New London Recreation website. Visit www.skyhawks.com to register.

NINJA TURTLE AND POWER RANGER FUN

DATE: Mon-Fri, August 1-5, 2016
TIME: 9:00-3:00 pm; (before and after care available for additional fee)
AGE: 4-7 years
LOCATION: Martin Center- Ceramics Room
FEE: \$40 residents/ \$45 nonresidents
INSTRUCTOR: Tera Feigen

We have GREAT news! New London will be super safe the week of 8/1-8/5 because the Ninja Turtles and the Power Rangers (a.k.a our campers) will be in town to save the day! Sign your child up for this class, and they will become these iconic heroes of childhood for the whole week, with games, crafts, dance, writing and acting. At the end of the week, parents will be provided with a video of their child's participation in this awesome, fun, action-filled camp!

ON CAMERA ACTING CAMP

DATE: Mon-Fri, Aug 8-12, 2016
TIME: 9:00-3:00 pm; (before and after care available for additional fee)
AGE: 7-18 yrs old
LOCATION: Martin Center Ceramics Room
FEE: \$40 per resident/ \$45 nonresident
INSTRUCTOR: Tera Feigen
Have you ever wanted to see yourself on television or on the big screen?

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Now is your chance to learn how to make your own TV show, movie and commercial. Learn how to act on camera by a professional actor from NYC who has been on TV, in film & in commercials that aired nationwide. In this week long camp, you will learn to write a script, act, direct & create your own TV episode, short film & commercial. Do comedy improv, mock production, & a final video for parents to view on the last day.

SPORTS PROGRAMS

TRIPLE CROWN- Youth Fitness Events



PROUD TO DU IT - Sunday, May 1, 2016

NORWICH SPLASH AND DASH- Saturday, June 25, 2016

PROUD TO TRI - Saturday, September 10, 2016

Save the dates for these upcoming youth fitness events. Can your child/teen run, bike, and swim? Are they looking to challenge themselves? We are offering three REGIONAL events where youth from all over Southeastern CT are coming together to compete in these races. If the participant competes in all three events they will earn a TRIPLE CROWN CHAMPION trophy at the special ceremony following Proud to TRI event. Every finisher receives a medal, race t-shirt, and food/beverage following each event. These are family friendly events for all skill levels - from the first time racer to youth who have competed in over 20 races. Don't miss this chance to expose your child/teen to fitness events they can do for the rest of their life. Parks and Recreation Depts. from around Southeastern CT have joined together to make these events possible and promote youth fitness in your area. Visit these websites for more information and to register:

Proud to DU It - <https://runsignup.com/Race/CT/NewLondon/ProudtoDUIt>

Norwich Splash and Dash - <https://runsignup.com/Race/CT/Norwich/NorwichSplashandDash>

Proud to TRI - <https://runsignup.com/Race/CT/Waterford/ProudtoTRI>

Call 860-447-5230 for more information on the series or any of the events.

PROUD TO DU IT - YOUTH DUATHLON

DATE: Sunday, May 1, 2016
 TIME: 9:00 am
 AGE: 5-17 yrs. old
 LOCATION: New London High School
 FEE: \$15 (plus \$10 if you are not a USAT member)
 \$10 fee gives you a year membership for your child to USAT- 1 time fee covers all races.

YOUTH Duathlon - Can you run and ride a bike? Are looking for a new challenge? We will have different distances for each age group. This is a family friendly event where we encourage all abilities to enter and complete the course. Timing splits will be recorded for all 5 areas and medals will be awarded to every finisher. Music and food will follow at the Sports Complex. Everyone will run and bike on closed roads/trails. Training wheels can be used. Helmets are required for all. USA Triathlon sanctioned event.

Ages 5-6 Run .3 miles Bike 1 mile Run .3 miles

Ages 7-8 Run .7 miles Bike 1 mile Run .7 miles

Ages 9-10 Run .7 miles Bike 2 miles Run .7 miles

Ages 11-14 Run 1 mile Bike 2 miles Run 1 mile

Ages 15-17 Run 1 mile Bike 4 miles Run 1 mile

Register at: - <https://runsignup.com/Race/CT/NewLondon/ProudtoDUIt>

SPLASH AND DASH - YOUTH AQUATHON

DATE: Saturday, June 25, 2016
 TIME: 9:00 am
 AGE: 5-17 yrs. old
 LOCATION: Mohegan Park, Norwich
 FEE: \$20 (plus \$10 if you are not a USAT member)
 \$10 fee gives you a year membership for your child to USAT - 1 time fee covers all races.

Can you run and swim? Are looking for a new challenge? We will have different distances for each age group This is a run, swim, run event. All levels welcome. This is a family friendly event followed by a brunch for all race families. Bring a blanket and/or chairs. Children can discover what it is like to have fun competing in an aquathon event. Timing splits will be recorded for all 5 areas and medals will be awarded to every finisher. Event will be timed by "Time to TRI" using RFID timing chips. USA Triathlon sanctioned event.

Ages 5-6: Run .5 miles | Swim 50 meters | Run .5 miles
 Ages 7-10: Run .5 miles | Swim 100 meters | Run .7 miles
 Ages 11-17: Run .5 miles | Swim 200 meters | Run 1.5 miles

Lifejackets may be worn in the water.

www.runsignup.com/Race/CT/Norwich/NorwichSplashandDash

KIDS MARATHON PROGRAM

DATE: Mon, Wed, & Fri, April 4- May 27, 2016
 TIME: 5:30-6:30 pm
 AGE: 7-12 yrs old
 LOCATION: Caulkins Park
 FEE: \$25 resident/ \$30 nonresident
 INSTRUCTOR: Scott Johnson Jr.
 Does your child enjoy running? Does he/she need more exercise? This program will meet three times per week on Mon/Wed/Fri from 5:30-6:30 pm where the children will work from their starting point to run 26.2 miles over 8 weeks. Games and nutrition information will be done each day. The grand finale and last mile will be run at a celebration at Waterford High School - similar to an Olympic finish.

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YOUTH TRIATHLON TRAINING PROGRAM



DATE: Mon, Wed, & Fri, July 11-September 2, 2016
TIME: 5:30-6:30 pm
AGE: 5-17 yrs old
LOCATION: Bates Woods- Mondays/ Ocean Beach -
Wednesdays/ Caulkins Park- Fridays
FEE: \$25 resident/ \$30 nonresident
INSTRUCTOR: Scott Johnson Jr.

Does your child enjoy running, biking, and swimming? Does he/she need more exercise? This program will meet three times per week on Mon/Wed/Fri from 5:30-6:30 pm where they will work from their starting point to train for the youth triathlon over 8 weeks. The program will teach training, transition techniques, tips for racing, etc. Games and nutrition information will be done each day. The grand finale will be participating in the Proud to Tri- youth triathlon September 10. Each participant must register separately for that event- the registration fee for this program does not cover the final event.

TABLE TENNIS

DATE: Wednesdays, May 18-July 6, 2016
Wednesdays, July 13-Aug 31, 2016
TIME: 6:30-8:45 pm
AGE: Wed- adults 18 and up
LOCATION: Martin Center Gym
FEE: \$10.00 Residents/\$15.00 Nonresidents- 8 wks
INSTRUCTOR: Dexter Johnson Jr.
1/2 hour lesson follow by open ping pong play. Registration for new players includes your own ping pong paddle, if needed.

MARTIAL ARTS GAMES

DATE: Tues & Sats, June 7-Aug 30, 2016
TIME: Tues: 7:00-8:00 pm Sat: 9:00-10:00 am
AGE: Ages 8 and up
LOCATION: Mohegan Tribal Community and Government Center; 13 Crow Hill Rd., Uncasville
FEE: \$35.00 Residents/ \$40 Nonresidents
INSTRUCTOR: Kevin Meisner

This martial arts program focuses on interactive martial arts-inspired games for the purpose of long-term health and fitness

through spirited, enthusiastic movement. Participation promotes balance, flexibility and strength and can, over time, improve self image and self confidence. Our games are self-motivating and encourage the most alive and authentic movement, energy and performance. The current games curriculum includes chanbara, grappling games, dodgeball and karate forms. Enrollment fee includes class t-shirt and belts as earned; Students must bring a clean pair of shoes for practice, street shoes are not allowed.

ULTIMATE FRISBEE

DATE: Sundays, April 24-May 29, 2016
TIME: 2:00-3:30 pm
AGE: All ages- family friendly program
LOCATION: Nathan Hale Elem Sch field
FEE: \$20 resident/\$25 nonresident- Max \$50 per family (To get the family rate pay at the Rec Dept in person or via mail)

Join us for 6 afternoons of ultimate frisbee in the park. All levels welcome. We will divide up as numbers permit. Get your family together to experience a great game as well as exercise together!

YOUTH TENNIS LESSONS

DATE: Saturdays, May 7-June 11, 2016 No class 5/28
Tuesdays, July 12-Aug 9, 2016
TIME: Sat: 1:00-2:00 pm/ Tues: 5:00-6:00 pm
AGE: 8-14 years, boys and girls
LOCATION: New London High School Tennis Courts
FEE: \$30 per resident/ \$35 per nonresident for 5 weeks
Beginner and Intermediate tennis instruction. Learn about the game of tennis including forehand, backhand, serve, and match rules. Bring your racket if you have one; rackets available for use for those who do not have one.

KOREAN FAMILY KARATE

New & Ret Students Welcome
DATE: Tuesdays & Thursdays, Apr 26-June 30, 2016
(1 or 2 day option) SPRING SESSION
Tuesdays & Thursdays, July 12-Sept 15, 2016
(1 or 2 day option) SUMMER SESSION
TIME/AGE: 5:30-6:15 pm 7-8 yr olds Lil' Dragons
SPRING SESSION
6:15-7:00 pm 9 and up Karate SPRING SESSION
TIME/AGE: 6:00-6:30 pm 7-8 yr olds Lil' Dragons
SUMMER SESSION
6:30-7:30 pm 9 and up Karate SUMMER SESSION
LOCATION: Jennings Elem School gym until school ends/
Martin Center gym
FEE: \$30 Residents/\$35 Nonresidents- 10 wks
1 day/ wk
\$40 Residents/ 45 Nonresidents- 10 wks
2 days/ wk
INSTRUCTOR: Roberto Padua

The goal of Tang Soo Do is to teach self-respect and respect for others. This will teach the Korean art of Tang Soo Do. Training is traditional encompassing the refinement of technique, hyung (forms) and dae ryan (sparring). There will be 10 wks. of class. Class meets 1 or 2 days a week. Additional \$15 fee at end of class for child to be tested for next belt.

LII' NINJAS KARATE PROGRAM

New & Ret Students Welcome

DATE: Fridays, Apr 29-July 1, 2016
Thursdays, July 14-Sept 15, 2016
TIME/AGE: 5:30-6:00 pm 5-6 yr olds
LOCATION: Jennings Elem School gym until school ends/ Martin Center gym summer
FEE: \$30.00 Residents/\$35 Nonresidents/ 10 wks
INSTRUCTOR: Roberto Padua

The goal of Tang Soo Do is to teach self-respect and respect for others. This will teach the Korean art of Tang Soo Do. Training is traditional encompassing the refinement of technique, hyung (forms) and dae ryan (sparring). There will be 10 wks. of class. Class meets 1 day a week. Additional \$15 fee at end of class for child to be tested for next belt.

DOUBLE DUTCH CLASS

DATE: Wednesdays, April 27-June 15, 2016
TIME: 6:30-7:30 pm
AGE: 10 yrs old and up
LOCATION: Winthrop Elem School Gym
FEE: \$20 residents /\$25 nonresidents- 8 wks
INSTRUCTOR: Teresa Vasquez

Have you wanted to learn how to Double Dutch? Do you already know how and want to get together with a group to have fun? All skill levels welcome.

SOUTHEASTERN CT TRACK AND FIELD MEET

DATE: Friday, May 20, 2016
TIME: 6:00-7:30 pm
AGE: 4- 14 yrs. old as of Dec. 31, 2016
LOCATION: East Lyme High School Track
FEE: FREE

Youth track meet for Southeastern, CT. No experience necessary. Come down and race with your friends. Register on site at the event beginning at 5:30 PM. Program does not offer online registration. Events include 50 meter, 100 meter, 200 meter, 400 meter, 800 meter, 1600 meter, softball throw, and standing long jump. Events vary by age group. Select your three events when you arrive that night.

HEALTH ARTS - FOR KIDS AND THEIR FAMILIES

DATE: Fridays, April 29-May 20, 2016
Fridays, May 27-June 17, 2016
Fridays, June 24- July 15, 2016
TIME: 5:30-6:30 pm
AGE: 5 yrs. old - adult

LOCATION: Martin Center Gym
FEE: \$25 resident/ \$30 nonresident
INSTRUCTOR: Morris Burch
Innovative and award winning Health and Wellness program for whole families. Come experience the joy and happiness of doing the wellness exercises together as a family and community. Come invest in your family health. Program teaches focusing and calming the mind and aligning and strengthening the body. Some nutrition fruits and vegetables and spring water after every class. Helps breathing disorders, anxiety and stress relief.

5 K TRIPLE CROWN

Colonel Classic 5K- Saturday, May 14, 2016
Montville Race Day 5K- Sunday, July 17, 2016
Heroes for Scholarship 5K- Friday, August 12, 2016
Save the dates for these upcoming 5K events. Can you or your child/teen complete a 5K? Are you looking to challenge your family? We are offering three REGIONAL events where people from all over Southeastern CT are coming together to compete in these races. If the participant competes in all three events they will earn a TRIPLE CROWN CHAMPION award at the special ceremony following Heroes for Scholarship event. These are family friendly events for all skill levels- from the first time racer to those who run everyday. Don't miss this chance to expose your family to fitness events they can do for the rest of their life. Parks and Recreation Depts. from around Southeastern CT have joined together to make these events possible and promote fitness in your area. Visit these websites for more information and to register: Colonel Classic 5K – www.lhspalestra.weebly.com
Montville Race Day 5K – Call 860-848-3030 or email rotarymontville@gmail.com.
Heroes for Scholarship 5K- <https://runsignup.com/Race/CT/NewLondon/HeroesforScholarship>
Call 860-447-5230 for more information on the series or any of the events.

HEROES FOR SCHOLARSHIP - 5K and 1K

DATE: Fri, August 12, 2016
TIME: 6:00 pm 1K and 6:30 pm 5K
AGE: Ages up to 10 yrs. old for 1K
Open to all ages for 5K
LOCATION: Toby May Park
FEE: \$10 per child under 18 through July 29/ \$15 until race day/ \$20 race day
\$20 per adult 18 and up through July 29/ \$25 until race day/ \$30 race day
Maximum \$50 per family until July 29/ \$60 July 30-Aug 11

T-shirts for everyone registered prior to July 29. Prizes for the best HERO costume for children and adults. All proceeds will go to benefit the New London Recreation Scholarship Fund. Children who can not afford summer camp or other Recreation programs such as swimming lessons or karate, etc. will be given scholarships from this fund if they qualify.

Continued on page 16

Recreation Guide ... continued from page 15

Become a HERO for a child in New London and help us get every child who wants to join our programs the chance to do so. First 50 children to register will receive a superhero CAPE to show they are a hero for a child in New London. Scholarships are available for New London residents. Contact New London Recreation 860-447-5230. First come first serve. THIS IS A TRIPLE CROWN 5K EVENT. If you also participate in Montville 5K & Ledyard Colonel Classic Road Race 5K also you will receive a special TRIPLE CROWN AWARD after this race!

SWIMMING

BABY & ME

DATES: Mondays, June 27- Aug 8, 2016; no class July 4
TIME: 5:00-6:00 pm
AGES: Birth to 3 yrs old
FEE: \$40 residents/\$45 nonresidents- 6 wks.
LOCATION: Ocean Beach Pool, (no additional fee to enter for lessons)

INSTRUCTOR: NL Rec Swim Staff

The goal of the class is to help make the child comfortable with the water. Parents will be in the water with children. Class focuses on singing games, jumping in the water, blowing bubbles, and having fun in the water. NOTE: The temperature of the water is not within our control at the pool. At times, this pool has been chilly. Children's wetsuits can be worn during the class to keep your child warmer.

SWIMMING LESSONS

DATES: Mondays, June 27- Aug 8, 2016; no class July 4
Wednesdays, June 29-Aug 3, 2016

TIME:

Mon 5:00 pm Level 1, 2, 3, 6
6:00 pm Level 1, 2, 3, 4, 5
7:00 pm Level 1, 2, 3, 4
Wed 5:00 pm Level 1, 2, 3, 4, 5
6:00 pm Level 1, 2, 3, 6
7:00 pm Level 1, 2, 3, 6

AGES: 4 to 14 years old

FEE: \$40 residents/\$45 nonresidents- 8 wks

LOCATION: Ocean Beach Pool, (no additional fee to enter for lessons)

INSTRUCTOR: NL Rec Swim Staff

Classes are in 6 levels. Please designate your level and time of choice on registration form. Call NL Rec for questions about levels- 860-447-5230. Additional levels will "possibly" be added online if a particular level fills.

SWIM LEVELS

LEVEL 1

No experience necessary. The goal of this class is to increase comfort with the water, as well as teach an individual the front float, back float, 10 bobs consecutively, push off the wall streamline (front glide), understanding of circular arm motions (basic

understanding of the idea of freestyle), and jump in the pool un-assisted. The swimmer will also be able to kick on their back and kick on their stomach for 15 yards. Competency in life jacket wears; Emergency recognition of swimmers.

LEVEL 2

Must pass all elements/ requirements of Level 1. The goal of this class is to refine the circular arms in freestyle, tread water for 1 minute in the deep end, introduce the basic understanding/ elements of backstroke arms, and introduce rotary breathing. The swimmer will also be able to swim backstroke and freestyle 15 yards. Direction changing on front and back; Safety awareness of distressed swimmer.

LEVEL 3

Must pass all elements/requirements for Level 1 and 2. The goal of this class is to refine backstroke, refine rotary breathing, and introduce the basic understanding/elements of breaststroke kick. The swimmer will also be able to swim backstroke and freestyle 25 yards. Knowledge of water entry and exit (deep water); Knowledge of all safety equipment; Elementary diving from side of pool; Treading water; Learning the use of floatation equipment; Caring for conscious choking victim.

LEVEL 4

Must pass all elements/requirements of Level 1, 2, and 3. The goal of this class is to refine the breaststroke kick, introduce the basic understanding/elements of the breaststroke arms, review backstroke and freestyle, and introduce the basic elements of open turns. The swimmer will also be able to swim backstroke, freestyle, and breaststroke 25 yards. Introducing elementary backstroke and side stroke; Dives sitting, kneeling, and standing; Treading water for period of time; Fundamentals of CPR.

LEVEL 5

Must pass all elements/requirements of Level 1, 2, 3, and 4. The goal of this class is to review backstroke, breaststroke, and freestyle, and to introduce the basic understanding/elements of butterfly kick, and refine open turns. The swimmer will also be able to swim backstroke, freestyle, and breaststroke for 50 yards. Stroke refinement (front crawl, back crawl, sidestroke, and elementary stroke); Endurance swimming; Swimming underwater ; Diving safety; General and personal water safety; Helping others; Exit skill assessment.

LEVEL 6

Must pass all elements/requirements of Level 1, 2, 3, 4 and 5. Swimming and skill proficiency; Introduce surface dives; Flip turns for all strokes.

ADULT SWIM LESSONS

DATES: Wednesdays, June 29-Aug 3, 2016

TIME: 6:00-7:00 pm

AGES: 15 through adult

FEE: \$40 residents/ \$45 nonresidents- 8 wks

LOCATION: Ocean Beach Pool, (no additional fee to enter for lessons)

INSTRUCTOR: NL Rec Swim Staff

This class will focus on basic swim strokes to make all adults comfortable in the water and improve your strokes based on the level you are at. Beginner and intermediate swimmers welcome.

ENRICHMENT AND SPECIAL EVENT PROGRAMS

PARENTS NIGHT OUT

DATE: Friday, April 15, 2016 - TOURNAMENT AND GAMES NIGHT
Friday, May 6, 2016 - MOTHER'S DAY SPECIAL
Friday, June 17, 2016 - FATHER'S DAY SPECIAL

TIME: 5:00-9:00 pm
AGE: Ages (4-5) and (6-10)
LOCATION: Martin Center Ceramics room
FEE: FREE

INSTRUCTOR: NL Rec Staff

Parents- need a night out to have dinner together or go shopping? We will be offering 4 hours of supervised activities for your children including a special theme each night. Board games, arts and crafts and group games will also be run. Dinner will be provided each night. Children may be dropped off or picked up at anytime as long as they are preregistered.

COMEDY IMPROV

DATE: Wednesdays, June 8-Aug 3, 2016
TIME: 5:45-7:15 pm- Ages 9-17
7:15-8:45 pm- Ages 18 and up

AGE: 9 and UP
LOCATION: Martin Center Family Center Room
FEE: \$40 per resident/ \$45 nonresident

INSTRUCTOR: Tera Feigen

Do you have a class clown in the family? Is your kid really funny? Do you love to be the center of attention? A professional comedian from NYC is here to show you the ropes on performing improv comedy, just like they do on the show "Whose Line is it, Anyway?" In this class you will learn improvisational comedy games, the rules of comedy and improv, and how to use your natural comedic instincts to work together as a team and make people laugh! This class is a huge confidence builder as well as a way to teach teamwork and creativity. But most of all, it's FUN! You will be amazed at what you or your child will be able to do at the end of this 8 week improv class, when you come to the final class and have a comedy debut performance! Bring those cameras, it's sure to become a treasured family memory!

COMEDY IMPROV TEAM

DATE: Thursdays, May 19 - July 7
TIME: 5:45-7:15 PM
AGE: 9 and UP (all ages)
LOCATION: Martin Center Family Center Room
FEE: \$40 per resident/ \$45 nonresident

INSTRUCTOR: Tera Feigen

Class prerequisite is "Comedy Improv Class" and approval of teacher. This team will book different performances at various venues.

EXERCISE, NUTRITION AND FITNESS CLASSES

ACTIVE PILATES/ YOGA FUSION

DATE: Mondays, April 25-June 20, 2016
TIME: 5:30-6:30 pm
AGE: Adults 18 and over
LOCATION: Winthrop Elem School Gym
FEE: \$40 residents/\$45 nonresidents- 8 wks
INSTRUCTOR: Helen Ouimette

Participants of all fitness levels experience a mix of active Yoga and Pilates. Work the internal organs, glands and nerves, while you increase flexibility and strengthen your core muscles of the abs and legs. Perform various yoga postures and yogic breathing, as well as a mix of some traditional strengthening moves by adding light dumbbells. Modifications are made for the beginner through to the advanced student. Bring yoga mat, Theraband, light dumbbells, and wear comfortable clothing.

OCEAN BEACH SURF AND TURF (Water and Land)

DATE: Wednesdays, June 29-Aug 3, 2016
TIME: 5:00-6:00 pm
AGE: Approx. age 15 through adult
LOCATION: Meet at Ocean Beach pool
FEE: \$40 resident/\$45 nonresident
INSTRUCTOR: TBD

Water aerobics, strength training, and more! A hybrid fitness adventure on land and in the water. Wear your bathing suit, lather on the sunscreen and workout on the beach, the boardwalk, the pavilion and in the pool. Wear sneakers, sunglasses and bring a towel.

ZUMBA FITNESS

DATE: Mondays & Wednesdays, June 20-July 25, 2016
TIME: 10:00-10:50 am
AGE: Adults 16 and above
LOCATION: Martin Center Gym
FEE: \$40 residents/ \$45 nonresidents 5 wks 2x per wk (\$25/30 for 1 day a week)

INSTRUCTOR: Priscilla "Pinky" Shabarekh

Join the party! Zumba is a cardio-fitness dance class based on Latin and international rhythms that is sure to have your heart pumping and feet moving! Have a fun time getting a great workout while burning calories! Designed to accommodate all fitness levels. No special equipment required; active clothing and athletic footwear recommended. No 7/4 class.

AMPED UP!

DATE: Tues. & Thurs., June 21-July 21, 2016
TIME: 10:00-10:50 am
AGE: Adults 16 and above
LOCATION: Martin Center Gym

Continued on page 18

Recreation Guide ... continued from page 17

FEE: \$40 residents/ \$45 nonresidents 5 wks 2x per wk (\$25/30 for 1 day a week)

INSTRUCTOR: Priscilla "Pinky" Shabarekh

This program is a combination of Cardio kickboxing, Strength Training, Ab work, and Mat Science. Performed 2 x a week, this 50 minute workout provides overall physical conditioning of the heart and toning of the body. Focus shall be given strongly on proper body mechanics, alignment and technique. Hand and ankle weights are suggested to increase intensity level but not required. Bring your yoga mat.

BEACH BOOTCAMP

DATE: Tuesdays, June 14-August 2, 2016

TIME: 5:30-6:30 pm

AGE: Adults 16 and over

LOCATION: Ocean Beach- meet on the boardwalk by the stage

FEE: \$40 residents /\$45 nonresidents- 8 wks

INSTRUCTOR: Jennifer Meninno

A fun, energetic intermediate to advanced circuit training-style workout! This class mixes cardio, running on the beach, weight training, functional exercises and agility. It is designed in a way that pushes you harder than you'd push yourself. It is an EXTREME workout, so get ready!

DANCERCIZE CLASS

DATE: Wednesdays, April 27-June 15, 2016

TIME: 5:30-6:30 pm

AGE: Adults 16 and over

LOCATION: Winthrop Elem School Gym

FEE: \$20 residents /\$25 nonresidents- 8 wks

INSTRUCTOR: Teresa Vasquez

A fun, energetic dance exercise class. Aerobics and simple dance choreography set to R & B Hip Hop and Rock music. Bring a water bottle and sneakers.

ADULT BALLET and BARRE CENTER

DATE: Mondays & Wednesdays, July 11-Aug 17, 2016

TIME: 5:30-6:45 pm

AGE: Adults 16 and over

LOCATION: Martin Center Ceramics Room

FEE: \$45 residents /\$50 nonresidents- 8 wks

INSTRUCTOR: Lu-Anne Cox

Please don't miss this opportunity because you don't see yourself as a Ballerina. Find your inner dancer with this 2 part practice. Mondays, learn floor barre exercises that train the body for Wednesday ballet class. Increase your ability to balance, correct posture, tone and stretch with exercises that are used throughout the world by great dancers and novices alike. This offering will have you standing taller and moving with grace and fluidity. Wear comfortable clothes, non-skid socks or ballet slippers. Instructor is a classically trained dancer, instructor and choreographer with decades of experience.

ADULT LYRICAL DANCE

DATE: Wednesdays, April 27-June 1, 2016

TIME: 5:30-6:30 pm

AGE: 18 yrs. and up

LOCATION: Nathan Hale Magnet School Dance Room

FEE: \$30 per resident/\$35 per nonresident for 6 weeks

INSTRUCTOR: Sue Greenleaf

Join me in a 1-hour adult lyrical dance class once a week for 6 weeks. Previous dance experience is helpful but not required. Class is designed for advance beginning to intermediate level students. Active clothing as well as ballet slippers, jazz shoes, or dance sneakers are required. No street shoes allowed in the dance room.

New London Public Utilities

The goal of the Department of Public Utilities (DPU) is to provide high quality drinking water with minimal service interruptions. The DPU also ensures the wastewater treatment facility yields a high quality effluent that is low impact to the environment.

DPU is responsible for operations, administrative and engineering work for water and sewer for the City of New London. The Director oversees

the performance of all contracted public utilities activities and the day-to-day operation of the water and sewer system. The Director reviews development plans concerning public utility impacts, and works with neighboring municipalities and state and federal agencies regarding water/sewer issues.

Veolia Water NA is the contractor responsible to manage the City's water

and wastewater systems. Its operations are financed from direct charges to the users of the service. No portions of the appropriations are supported by property tax, nor are other revenue sources of the City diverted to the system to support operations.

Veolia Water, NA has a staff of 38, and has established a true partnership with the City of New London. Veolia Water is located at 120 Broad Street, Second Floor,

Richard R. Martin Center, New London, CT. They also have offices at Lake Konomoc Water Treatment Plant and the Thomas E. Piacenti Regional Water Pollution Control Facility. For billing information and customer service questions, please contact Veolia Water at 860-447-5222. Their hours of operation are Monday through Friday, 8:30 a.m. – 4:00 p.m. The after hour telephone number for water and sewer emergencies is (860) 447-5222.

The DPU staff work under the direction of the City Manager and the W&WPCA. The W&WPCA consists of seven (7) members, who meet once a month to review daily operations, and hear concerns that cannot be addressed by Veolia Water. The Authority makes decisions based on the local Code of Ordinances and the Connecticut General Statutes. For a calendar of the regularly scheduled meeting, please visit the City's website

at www.ci.new-london.ct.us or call 860-447-5221.

The DPU is located on the first floor of the Richard R. Martin Center, 120 Broad Street, New London, CT. Our telephone number is 860-447-5221 and fax is 860-701-7693. Our hours of operation are Monday through Friday from 8:30 a.m. – 4:00 p.m.

Police Department - Speed Trailers

In cooperation with Connecticut College, the New London Police Department deployed two speed trailers to assist in monitoring speeds, in particular locations, within the City of New London. These two speed trailers were purchased by Connecticut College, from Kustom Signals, and donated to the New London Police Department for use within the City. The speed trailers are able to monitor traffic patterns as well as log speeds of vehicles throughout various times of the day. The trailers also have the ability to be utilized for traffic direction and are equipped with a message board to inform the public of hazardous conditions.

This venture was initiated by Connecticut College to assist the City of New London in determining traffic hazards, high speed locations and educating the public in regards to monitoring their speed. The Police Department, as well as Mayor Passero's office, worked on this project with Connecticut College in an effort to provide a safer environment for all vehicular and pedestrian traffic travelling within the city. The City is extremely appreciative of the generous donation and the partnership that exists between Connecticut College and the City of New London.

DEPARTMENTAL NEWS

The Department has recently promoted Sergeant Matthew Galante to the rank of Lieutenant and Officer Cornelius Rodgers to the rank of Sergeant.

Officer Caitlyn Donahue and Officer Zachariah Kelley graduated from the 351st Session of the CT Police Academy on March 23rd and began their twelve to sixteen weeks Field Training. Officer Marco Zandri is scheduled to graduate from the Milford Police Academy (satellite campus of the CPA) sometime in late May, early June 2016. Officer Lucas Delgrosso is scheduled to begin with the 353rd Session of the CT Police Academy April 1, 2016.

Officer Michael Lewis was sworn in on 3/17/16. Officer Lewis was a lateral Police Officer from the Veteran Affairs Department - West Haven Campus.

Citizen's Police Academy

The 2016 Citizen's Police Academy class is up and running with great success and enthusiasm. A diverse group of participants are actively involved in gaining additional information and insight on law enforcement and the New London Police Department's policies and procedures.

The Citizen Police Academy members are given a realistic view of the department.

Topics presented include:

- Department Structure & History
- Domestic Violence
- Laws of Arrest
- Crisis Intervention
- Search and Seizure
- Crime Scene Processing & Forensics
- Communications 911 Dispatching
- Patrol Operations
- Juvenile Law
- Vice & Narcotics
- Internal Affairs
- Use of Force Training
- Criminal Investigations
- Motor Vehicle Law & Traffic

Presentations consist of lectures, demonstrations, videos, computer presentations and "hands on" participation. Each participant is given the opportunity to participate in a police ride along during a shift.



Spring Forward!

THE CITY OF NEW LONDON PUBLIC WORKS DEPARTMENT is ready for the arrival of Spring 2016 and all opportunities that come with it. Public Works consists of six divisions: Buildings, Solid Waste, Mechanical Maintenance, Highway, Parks and Grounds and Engineering. Starting this month, each division begins their annual transition of seasonal activities from winter to spring.

Several capital projects will begin shortly: the conversion of all City lights to L.E.D. will take place in April. This will result in significant cost savings as well as reduced maintenance. Work will begin on sidewalk repair on Bank and State Streets, as well as sidewalk and/or roadway replacement in selected areas throughout the City. Design of a complete reconstruction of the City's municipal lots on Eugene O'Neill Drive is nearly complete and will be going out to bid shortly.

SERVICES PROVIDED BY OUR SOLID WASTE Division will ensure brush and spring cleanup debris will be

accepted at our transfer station during scheduled hours of operation. The Building Division will engage in maintenance projects reserved for warmer temperatures and additional sunlight, including upgrades to Mercer Field. The Mechanical Maintenance Division will be tasked with the unseen heavy maintenance work needed for equipment, truck and auto rolling stock, supporting the City's safe and serviceable vehicle operation requirements.

The two most seasonally affected divisions planning for seasonal change are the Park and Grounds and Highway Division. As public interest in being outside increases, so does the need for cleaning and preparing all grounds and outdoor living spaces after the winter hiatus. All City parks and educational fields will be cleaned and trimmed and ready for mowing. The Highway Division will move equipment and personnel from snow and ice readiness to the servicing and maintaining our roadway infrastructure to include street sweeping, road repair, signage, storm drainage cleaning and catch basin restoration.

Community Development Division

The Community Development Division administers a variety of programs that are designed to improve the lives of New London residents. This is accomplished through housing rehabilitation efforts, social service programs and economic development initiatives.

COMMUNITY DEVELOPMENT BLOCK GRANT

The purpose of the Community Development Block Grant (CDBG) is to improve communities by providing adequate housing, a suitable living environment and expanding economic opportunities.

PROGRAMS FOR PROPERTY OWNERS – HOUSING REHABILITATION

The Community Development Division operates two programs designed to protect

the safety of New London residents and preserve the aging housing stock. Property owners qualify based on unit income and other factors. Contact the Loan Specialist at 860-447-5243.

Housing Conservation Program (HCP) (funded by CDBG)

Provides deferred (forgiven) and low-interest loans to low-to-moderate income residents to address health and safety code violations thereby improving the housing stock of New London.

LEAD HAZARD REDUCTION PROGRAM (LHARP)

(funded separately) Reduces childhood lead poisoning by providing deferred loans to clear housing units of lead based paint hazards and provide training to property owners and contractors. Eligible housing units will be inspected and cleared

of lead hazards by a licensed lead abatement contractor.

HISTORIC PRESERVATION

Historic preservation is a part of the environmental review process and therefore this division provides staff support to the Historic District Commission & Design Review Board (HDC & DRB).

FAIR HOUSING

New London's Fair Housing Plan was approved in 2007 and includes eight goals that work to protect renters or buyers from landlord or seller discrimination.

OLD TOWN MILL - 8 MILL STREET

Built in 1650 the Old Town Mill is on the National Historic Register. The beautiful grounds are always open to the public and

the mill is open to tour every other weekend in July & August or by appointment. The Mill hosts an Annual Harvest Festival the last Saturday in October. For more information on Community Development visit www.ci.new-london.ct.us and follow the links to City Government>Office of Development & Planning>Community Development Division.

BOARDS AND COMMISSIONS

The City of New London has a long history of service to the community by active and diverse residents, who make up the membership of various city boards, agencies, commissions, committees, and authorities that go under the generic term "board" or "agency." Appointments of residents are made either by the mayor or the city council. Some

appointments made by the mayor require council approval. The City of New London encourages its residents to participate and if interested an application for consideration can be found at the City Clerk's Office, 181 State St., New London or on-line at the city web site: www.ci.new-london.ct.us. A list of vacancies for full members and alternates currently exists and can be found on the city web site.

New London Fire Department

SUMMER FIRE SAFETY

Summertime brings us sunny days and outside activities. These activities include picnics, outdoor cooking, and of course fireworks. These are a lot of fun but also bring risk of fire and injury. The tips below will help everyone have a safe summer.

GRILLING FIRE SAFETY

Use your grills outside and away from the side of the building. Keep a three foot safety zone around the grill. This will keep your children safe. Clean your grill after each use. This will remove the grease that can start a fire. Open the cover before you light the grill. Never leave the grill unattended while it is in use. If you use charcoal when you are finished let the coals cool then dispose of them in a metal can. Make sure the can has a cover.

FIREWORKS

The fire department recommends that you leave the fireworks for the professionals. Attend one of the several professional fireworks displays within New London and the surrounding communities. In the United States the month long time frame around the July 4th holiday brings more than 230 people to emergency rooms each day for injuries as a result of fireworks. Many of these injuries can be prevented by following these simple safety tips: Never allow children to play with or ignite fireworks. Did you know sparklers burn at about 2000 degrees? This is hot enough to melt some metals! **Only use legal fire works:** Never try to re-light or pick up fireworks that have not ignited properly. Keep a bucket of water or a garden hose handy in case of a mishap or fire. Don't throw or point fireworks at another person. Light fireworks one at a time and then move away quickly.

New London Senior Center

BINGO! Come on Caller, Make ME Holler!

DATES: Mondays, Thursdays and Fridays at 10:00 am and the fourth Tuesday of each month.

CLASSES OFFERED

Story Reading with Helen: Mondays, 9 am. Come share your thoughts and ideas with everyone about the story.

Exercise: Mondays, Wednesdays, and Fridays at 9 am (FREE to New London Residents).

Let's Play Pickleball

Mondays, 12:15 pm and Wednesdays, 10:30 am.

The great thing about pickleball players is they are so enthusiastic about the sport and are always happy to teach new players. Join us for some plain fun!

Health & Wellness

Tuesdays, 9 am (FREE to New London Residents)

Yoga - Tuesdays, 9 am and Thursdays, 10 am.

(Residents: \$15.00/Season Card (20 Classes);

Non-Residents; \$20.00/Season Card (20 Classes)

Tai Chi - Thursdays, 9 am

Sewing - Tuesdays, 12:30 pm

Blood Pressure Checks - Wednesdays, 9 am

Billiards - Mondays through Fridays, 1 pm

Errands - Thursdays, 10 am

DO YOU LIKE TO SHOP?

Come join us for a grocery/shopping trip!

Walmart Shopping Trip: Mondays, 10 am

Shop Rite Shopping Trip: Tuesdays, 10 am

Stop & Shop Shopping Trip: Fridays, 10 am

To be announced: Wii Bowling and

Beginner's Computer Classes.

YOU CAN VOLUNTEER, YOU CAN BE INVOLVED!

We are always receptive to new ideas, new suggestions and new people! If you would like to be part of program planning, or serve on a committee, please come to the Program Advisory Committee Meeting on the first Tuesday of each month.

Continued on page 22

Senior Center ... continued from page 21

The regular membership meeting is on the third Tuesday of each month. Please check our monthly newsletter for meeting times. Have you got an interest or hobby you'd like to share? We are interested in hearing about it. Just call 860-447-5232 and we will be glad to schedule your visit.

SPEAKERS

We are always looking to schedule speakers. If you know of someone you'd like to recommend, or a topic you'd like to learn more about, please let us know! Otherwise, please check our monthly newsletter to find out which topics and speakers we are hosting each month!

TRIPS

Each Wednesday (weather permitting) we take a trip to a location outside of the City of New London. This affords our population a chance to get away for a day. The outings include a lunch at a restaurant of participants' choice, and shopping stop. It's a great opportunity to meet new people and visit new places. Please note that the trip reservations are filled on a "first come first serve" basis.

RENTAL REBATE SEASON WILL BE OPENING SOON!

Please have your documentation for the year 2015 ready before you call to make an appointment. You will need to bring income

statements for the year 2015 including SSD, SSI, SS, pensions and earned income statements, rent receipts for each month in the year 2015 or a printout from your landlord or complex manager and utility receipted payments for the year 2015. To make an appointment, please call 860-447-5232. Please remember to make a note of your appointment time and date.

GAME DAY

Whether you play Scrabble, Cards, Checkers, or Chess, we encourage individuals and groups to come play with us! Please follow our monthly newsletter for the official "game dates."

SILVER THREADS BOUTIQUE THRIFT SHOP

Open daily unless posted otherwise. Come see what hidden treasure you may discover!

LIBRARY

The library is a place to provide material for the young at heart. You can enjoy a good book, watch a movie or television.

TVCCA SENIOR CAFÉ/SPECIAL LUNCHEON

It is open daily unless otherwise posted in the newsletter. It's a chance to meet and greet new and old friends!

SPRING/SUMMER SPECIAL EVENTS

APRIL: Gong Show, Senior Prom Dinner Dance, Volunteer Luncheon, Intergenerational Indoor Beach Party/Recreation Camp.

MAY: Mother's Day Tea, Picnic, Older American Month and Butterfly Release

JUNE: Fathers' Day Breakfast and Miniature Golf

THE FOOD PANTRY

The Pantry will distribute food items on Thursdays from 11:30 am-12:15 pm. A simple registration form will be required. Please note that food is available for emergency distribution each week, Monday – Friday.

SENIOR CENTER BENEFITS CHECK UP

Senior Resources (previously known as the Area Agency on Aging) has restarted at the New London Senior Center as of March 29, 2016. Appointments can be made by calling: 860-887-3561 and 1-800-617-8889.

SENIORS ON THE GO

Don't forget to tune into our Atlantic Broadband Public Service Program on Tuesday evenings at 5 pm. Call in with your questions at 860-440-3154 or 1-800-253-2285.

TRANSPORTATION

Transportation is available to and from the Senior Center, grocery shopping, outings, medical appointments within the New London area, and parts of Waterford. The municipal grant contracted



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County Hearing and Balance

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www.countyhearingandbalance.com

with ECTC (Eastern Connecticut Transportation Consortium) provides transportation for senior citizens to medical appointment destinations at times when our services are not available. For up-to-date information and more detail, our newsletter is published monthly and can be found in a variety of places, including the New London Public Library, our City Hall, and at various senior housing complexes throughout the city. You can also stop by the Senior Center to pick up your copy.

For more information, please call us at 860-447-5232, or visit us at 120 Broad Street, at the intersection of Brainard and Mercer Streets. Please visit our new webpage at: <http://ci.new-london.ct.us/content/7429/7431/7463/7979.aspx>. New members aged 55 and up are welcome. There is no fee for membership. We would love to meet you!

Public Library of New London

63 Huntington Street, New London, CT 06320
860-447-1411 / www.plnl.org

HOURS

Monday, Tuesday, Thursday	9:30-7:00 pm
Wednesday	1:00-7:00 pm
Friday	9:30-5:00 pm
Saturday	10:00-4:00 pm (Sept – June 11) 10:00-1:00 pm (June 18 – August)

To view our services and monthly Calendar of Events visit www.plnl.org. Register on-line for the following events:

MONTHLY BOOK CLUBS

Supper Book Club

(Mondays, May 9, June 6 @ 5:30 pm).

Usual Suspects Mystery Book Club

(3rd Monday of each month @ 5:30 pm)

Pizza and Pages Book Club

(Last Thursday of each month @ 4:00 PM)

CHILDREN'S PROGRAMS

MAY

MAY THE FOURTH BE WITH YOU

Wednesday, May 4 / 1:00 pm – 7:00 pm
May the 4th be with you! Drop by the library any time between 1 and 7 pm to celebrate Star Wars Day. Come check out a Star Wars book, movie or make a craft.

Continued on page 24



Connecticut College Arboretum

Spring 2016 Programs

Full Moon Walks

Thursday, April 21, 8 to 9 p.m.
Friday, May 20, 8 to 9 p.m.

Mamacoke Mysteries Revealed

Saturday, April 23, 9 a.m. to noon

Painting the Landscape

Wednesday, April 27, 4 to 5:30 p.m.
Wednesday, June 8, 4:30 to 6:30 p.m.

Spring Foraging for Native Plants

Saturday, April 30, 10 to 11:30 a.m.

Annual Wildflower Walk

Friday, May 6, noon to 1 p.m.

Just for Kids: Wildflower Walk

Friday, May 6, 3:30 to 4:30 p.m.

New London Tree Walk from A to Z

Saturday, May 14, 10 to 11:30 a.m.
Saturday, June 18, 10 to 11:30 a.m.

Birding by Ear

Saturday, June 4, 7 to 8:30 a.m.

Save the Date: Annual Celebration

Friday June 10

Capturing the Beauty of Nature 2016
Annual Photo Contest and Exhibition
Deadline for entries: Friday, May 27
Visit the Arboretum website for guidelines and
registration form. Free and open to all.

For more information or to register,
call 860-439-5020, email arbor@conncoll.edu or
visit arboretum.conncoll.edu
270 Mohegan Avenue, New London, CT 06320

Library ... continued from page 23

EVERY CHILD READY TO READ WORKSHOP

Wednesday, May 18 in English / 5:30 pm

Wednesday, May 25 in Spanish / 5:30 pm

It's never too early or too late to help your child get ready to read. Parents who have children under the age of 5 are invited to join us for this free workshop on early literacy. You will learn tips, tricks and activities to do with your children that will help them learn important early literacy skills. This workshop is for parents/caregivers and their children, ages 0 to 5. A light supper will be provided and registration is required. This project is made possible in part by the Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered by the Connecticut State Library.

BOOKS & BRICKS

Saturday, May 21 / 11:00 am

Join us on Saturday, May 21 at 11:00 am to listen to a story and be challenged to use LEGO® bricks to design your own creation based on a theme. The creations will be put on display in the Children's Room. This program is for children ages 4 and up, no registration is required.

CHILDREN'S PROGRAMS

JUNE

SCHOOL'S OUT BINGO

Tuesday, June 7 / 1:30 pm

Celebrate the end of the school year with BINGO! Children in 1 - 5th grade are invited to come play BINGO and win a prize. No registration is required.

ON YOUR MARK, GET SET, SIGN UP

Friday, June 17 / 9:30 am - 5:00 pm

Stop by the library any time on Friday, June 17 to sign up for the Summer Reading Club. Get your picture taken for the "Fit Readers" board, have a healthy snack and grab your reading logs.

SUMMER STORIES

Monday, June 20 & June 27 / 10:00 am

Children 0 to 5 years old are invited to join us on Monday morning at 10:00 am to enjoy stories. No registration is required.

ACTIVE ART

Thursday, June 23 & June 30 / 1:30 pm

Children of all ages are invited to join us on Thursday, June 23 and June 30 for Active Art! Every week there will be a different activity, including crafts, dance and movement. No registration is required.



Mom deserves
Something Sweet

Mother's Day is Sunday,
May 8!

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Expires: 5/31/16

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For more information or to schedule an appointment, call 860-442-4319.

Medicaid, Medicare, income-based sliding fee scale and other insurances accepted.

 **UCFS**
United Community & Family Services

Behavioral Health Office
351 N. Frontage Rd. Suite 24, New London, CT
UCFShealthcare.org/groups  

FRIDAY FITNESS FUN

Friday, June 24 / 10:30 am

It's a steady diet of fun! Throughout the summer each Friday morning, bring the whole family to the PLNL and participate in fitness activities that incorporate literacy and learning. Programs will include yoga, martial arts, dance, cooking & nutrition.

JULY

SUMMER STORIES

Mondays in July / 10:00 am

Children 0 to 5 years old are invited to join us on Monday morning at 10:00 am to enjoy stories. No registration is required. There will be no Summer Stories on July 4.

ACTIVE ART

Thursdays in July / 1:30 pm

Children of all ages are invited to join us for Active Art! Every week there will be a different activity, including crafts, dance and movement. No registration is required.

FRIDAY FITNESS FUN

Fridays in July / 10:30 am

It's a steady diet of fun! Throughout the summer each Friday morning, bring the whole family to the PLNL and participate in

fitness activities that incorporate literacy and learning. Programs will include yoga, martial arts, dance, cooking & nutrition.

FAMILY FEUD

Tuesday, July 19 / 5:30 pm

Families of all ages and sizes are invited to join us for Family Feud! See if your family can guess the top responses. Please register in advance for this family fun game night.

TEEN PROGRAMS

GET IN THE GAME TEEN SUMMER READING PROGRAM

Visit www.plnl.org/teens for more info and up-to-date schedule of events

VOLUNTEENS PROGRAM

Get your community service hours done at the library. For more info visit www.plnl.org/volunteers

CELEBRATE STAR WARS DAY WITH US

Tuesday, May 3 / 4:00 pm

Come watch the latest installment of Star Wars film Series.

Continued on page 26



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Library ... continued from page 25

TINKDERCAD TUESDAYS: 3D PRINTER TRAINING

Tuesday, May 10 / 3:30 pm – 4:30 pm

Tuesday, June 7 / 3:30 pm – 4:30 pm

Tuesday, July 5 / 3:30 pm – 4:30 pm

Get comfortable with the software used to make “prints” on our 3-D printer and work towards producing a printable object.

LIFE-SIZE JENGA

Thursday, June 23 / 11:30 am -1:00 pm

Bring your friends and play a larger-than-life version of the classic game.

LIBRARY SCAVENGER HUNT

Thursday, June 30 / 11:30 am – 1:00 pm

Explore the Library and complete all the challenges to earn a prize!

GUESS WHO... MADE THAT JUMP SHOT?

Thursday, July 7 / 11:30 am – 1:00 pm

Use your best portraiture skills to make and play a customized game of Guess Who? with your favorite athletes.

DIY “REFEREE” TOTE-BAG

Thursday, July 14 / 11:30 am – 1:00 pm

Learn simple fabric printing techniques and make your own a sporty-chic tote.

ADULT PROGRAMS

YOU’RE SOCIAL, NOW WHAT: MAKING SOCIAL MEDIA WORK FOR YOU

Tuesday, May 3 / 10:00 am -12:00 pm

Take a closer look at the popular social media networks; Facebook, Twitter, LinkedIn, Pinterest, and Google+. Know the benefits of using each, how other organizations are marketing with them, and some dos and don’ts of each channel. Get tips on how to tell if your social media activity is working.– Facebook, Twitter, LinkedIn, Google+ and Pinterest – and decide what is right for your business.

INTRODUCTION TO GRANT SEEKING FOR INDIVIDUALS

Tuesday, May 10 / 12:30 pm -1:30 pm


Grant funds for individual endeavors such as education, research




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Saturday: 8:30 a.m. - 3:00 p.m.
Sunday: 9:00 a.m. - 1:00 p.m.

and artistic pursuits are not that easy to find. Attend this class to learn about the Foundation Grants to Individuals database, GrantSpace.org and other helpful resources. Space is limited to 10 people and preregistration is required.

NEW LONDON TREE WALK

FROM A to Z with MAGGIE REDFERN

Saturdays, May 14 and June 18 / 10:00 -11:30 am

Within a few blocks of the Public Library of New London there's everything from Acer to Zelkova. Urban trees provide a broad range of environmental and social benefits from reducing air pollution to increasing community spirit. Learn to identify some of the more common and most unusual specimens planted in New London. This tour will meet at the Public Library of New London and is for anyone interested in nature in the city.

INTRODUCTION TO MICROSOFT POWERPOINT

Thursday, May 19 /12:30 pm -1:30 pm

Learn how to develop Powerpoint slide presentations using various backgrounds, charts and text animations. Space is limited to 10 people and preregistration is required.

The Epilepsy Foundation of Connecticut

We offer 7 support groups throughout the state in Groton, Bethel, Milford, Stamford, Middletown, Guilford & Hartford.

Our meetings are for adults living with epilepsy and parents of children with epilepsy. Those interested in attending are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com. For more information visit <http://www.epilepsyct.com> or call 800-899-3745.

Visit New London!

City of New London website:
<http://www.ci.new-london.ct.us>

MEET WWF/WWE LEGEND AND AUTHOR BOB BACKLUND

Saturday, June 11 11:00 am -12:00 pm

Author and wrestler Bob Backlund will talk about his book *Backlund: From All-American Boy to Professional Wrestling's World Champion*. Robert Lee "Bob" Backlund is the former two-time World Wrestling Federation Heavyweight Champion, with an in-ring career that has spanned nearly 40 years.

SCRABBLE FOR THE TITLE!!!

ADULT SUMMER READING CHALLENGE

Saturday, June 25 / 10:15 am-12:15 pm

Get in the game and compete for the heavyweight TITLE! Scrabble boards will be available at the library to hone your skills and exercise your mind.

TWISTED BRAIN-TEASER TOURNAMENT !

ADULT SUMMER READING CHALLENGE

Saturday, July 9 / 10:15 am- 12:15 pm

Ready to challenge your brain? Play some brain teasers, games and puzzles to improve your memory, concentration and to have fun.

BROADWAY AT THE GARDE

SATURDAY NIGHT FEVER
Thursday, May 5 • 7:30pm
Sponsored by People's United Bank
Based on the 1977 movie starring John Travolta, Saturday Night Fever is packed with legendary hits from the Bee Gees, including Stayin' Alive, Night Fever, You Should Be Dancing and How Deep is Your Love.

HAL HOLBROOK
MARK TWAIN TONIGHT!

HAL HOLBROOK MARK TWAIN TONIGHT!
Friday, May 14 • 8pm
Sponsored by Olde Mistick Village
Hal Holbrook's legendary one-man show Mark Twain Tonight! brings the beloved author to life with irreverent humor and astonishing authenticity.

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